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MERYL STREEP

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A word from the editor...

THERE'S NOTHING OUITE SO POIGNANT

as children starting school in September. They look so little as you wave them off - but often, it's much harder for the parents, so this month we're enjoying a nostalgic wallow in school days past in Looking back (p128), debating whether the national curriculum is letting children down (p34) and taking a look at the emotional impact of your child leaving home in *How to cope* (p58).

The feature that shocked me most in this issue (and that's including the man who found out his mum was really his sister, p38!) is Leah Hardy's report on the food we waste. Read it and freeze...

We've also got tasty and comforting recipes for an early Autumn feast, and a look at the latest (wearable) fashion trends, with cosy fake fur and chic 'winter pastels' coming to your high street.

Finally, don't forget to return our reader survey, with Candis this month. We want to know what you think - and there's cash to be won!

Have a great month...

Cover photo Armando Gallo/Camera Press

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Editor @candiseditor

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abc

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September

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Can you remember when you started at school?

I'm in the Club



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Make the most of...

SEPTEMBER



Dates for the diary

Head to Birdwood Grove in Fareham, Hampshire, as part of the Red Cross Open Gardens scheme. The small garden is inspired by the weird and wonderful flora of Australia and New Zealand. redcross.org.uk Visit Freedom Festival, the flagship arts and culture event in Hull, from 4-6
September. Featuring more than 200 family-friendly acts, including music, street theatre, outdoor arts and comedy. freedomfestival.co.uk



Battersea Dogs and Cats Home is hosting a free Annual Reunion and Fun Day in Battersea Park, London, featuring a tea party, dog classes, trick displays and competitions, including Golden Oldie and Best Battersea Dog. battersea.org.uk



"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."

Roald Dahl, born on this day in 1916

The Radio Times Festival will take place from 24-27 September on The Green at Hampton Court Palace, celebrating the very best in TV, radio and literature with talks, interactive workshops, exhibits and screenings. radiotimesfestival.com









Take the family for a Roman soldier experience at Housesteads Roman Fort on Hadrian's Wall. Northumberland with costumed storytellers. visitnorthumberland.com

Plan an incredible voyage at The Cruise Show – Europe's ✓ leading cruise event. At NEC, Birmingham 12-13 September or Manchester Central from 26-27 September. Also, visit candis.co.uk/cruiseshow for details of how to pick up 2 FREE* tickets to the show. cruisingshow.com



Enjoy three days of tastings, culinary titbits and food-loving fun at The 2015 Great Cornish Food Festival, Visitors will also be treated to a variety of demonstrations on everything from filleting fish to chocolatiering. 25-27 September, greatcornishfood.co.uk

IN THIS MONTH



this month

RUGBY The 2015 Rugby World Cup kicks off on 18 September at 13 venues across the UK. Visit rugbyworldcup.com for details.

FUNDRAISING It's a great month to do a good deed! Join in Macmillan's World's Biggest Coffee Morning on 25 September, or enjoy a Memory Walk for Alzheimer's Casiatu throughout September.



CHAMOMILE TEA Research 5 the calming tea can help men over 65 live longer! Pukka Chamomile, Vanilla J Manuka Honey tea for vay to boost your health.

KALE Packed with vitamins K, A and C, kale is also a great source of manganese, copper and calcium, as well as cancer-fighting phytochemicals. Try stirring into soups, stews and stir-fries (don't be tempted to over-cook).

LAYERS It's officially autumn. which means it's time to wrap up warm. Layering up is the perfect way to stay cosy whatever the weather.



November are more likely to live to 100 than those born in other months of the year

How to pick yourself up after a setback

Don't let setbacks and disappointments in life knock you off your feet. Here are some simple but effective coping techniques to help you bounce back from anything

Focus on the positives

"The first thing you'll want to do is figure out what good has come from the setback," advises Lyndelle Palmer Clarke, personal growth expert and author of the dailygreatness.co journals. "In almost all situations, if you look hard enough, you can see the silver lining. Once you've identified the good, try to

stay focused on what you have learnt rather than what you have lost."

DEVELOP AN ATTITUDE OF GRATITUDE

"Sometimes we only see the things we want rather than the things we actually have around us," says David Cliff, managing director of coaching and mentoring organisation Gedanken (gedanken.co.uk). "However, it's important to take time each day to think about the small things

we can celebrate."

PUT IT INTO PERSPECTIVE

Although some setbacks in life are undeniably tough, we can often build up our problems into something far worse than they

are. Try to look at the situation more objectively by

asking a friend for their point of view or writing down exactly what has happened simply stating the facts. You may find the situation is not quite as awful as it seems once emotions are taken out of the equation.

Form an action plan to move forward

It's easy to get caught up in the "why mes" when we experience setbacks, but don't spend too much time dwelling on a situation. "Be sad and have a duvet day," says Shelley Whitbread, a cognitive behavioural therapist at Priory Hospital Hayes Grove. "But the next day, get up and look at what you can do to change how you feel."



Muppets' creator Jim Henson was born on 24 September 1936. The earliest

Special occasion?

We love Studio 8, a new range created by Phase Eight. A stylish collection for women size 16-24.



Rachel rose print dress £99, 16-24, Studio 8 studio-eight.com



PHOTO COASTERS

hinkstockphotos.com, istockphotos.com

Add a personal touch to your home by customising coasters with photos of your favourite people. Simply cut your photos to size (8x8cm) and slot into the glass for fun, personalised coasters. £7.99 for a pack of three from iwantone ofthose.com





family sleepover with Medieval Glamping at Warwick Castle

Why? Set in the surroundings of Warwick Castle, this fun-filled weekend provides plenty of activities for all ages to enjoy, well within walking distance of the glamping site where your fully set-up luxury tent awaits.

Sleeping The Warwick tents sleep up to five and feature wooden flooring, free Wi-Fi and much more. There are also three Kings tents available, which include a four-poster bed!

Feast like Kings A choice of cooked or continental breakfast is included and an evening all-you-can-eat Medieval Dinner Feast is also on offer at an additional cost.

Fun for all the family Great evening entertainment is provided including a knights school, jesters school and archery. Entrance to Warwick Castle is also included.

Where and cost? The Glamping Village is only five minutes from the Castle. All packages include two-day priority Castle tickets, evening entertainment and breakfast. Warwick tents start at £200 and a Kings tent starts at £300, warwick-castle.com

version of his frog puppet Kermit was created from a coat with ping-pong balls for eyes

What to read

Take some inspiration on what to read this month...

Book of the month

THE SECRETS WE SHARE BY EMMA HANNIGAN (£13.99, Headline)

The death of her beloved husband throws Clara Conway's life into turmoil. After 20 years, she reaches out to estranged son Max, and tracks him down in America. Clara manages to make contact with her granddaughter Nathalie, who comes to Ireland to meet her. When Nathalie finds a box of letters of Clara's dating back to World War Two, curiosity gets the better of her. She soon learns

why her great-grandparents brought her grandmother from Austria to live in Ireland all those years ago. Emotional and heartbreaking, the letters weave the threads of this wonderful story together and help Nathalie to understand her grandmother. A fast-paced story with endearingly warm characters — you'll savour this touching tale.

Inspirational

ONE HUNDRED DAYS OF HAPPINESS BY FAUSTO BRIZZI (£12.99 HB, Picador)

Imagine knowing you only had three months to live. What would you do next? For aym instructor Lucio Battistini, a series of poor decisions mean he's been thrown out by his wife and is sleeping in a bakery when he gets the bad news. With time running out, he vows to make those 100 days count and sets off on a journey to win back the love he's lost and create a lifetime's worth of happy memories. A witty book, unlike anything you'll read this year, it will make you laugh and think about what really matters.



THE SECRETS OF MIDWIVES BY SALLY HEPWORTH (£7.99, Pan)

A powerful tale exploring the secrets kept by three generations of women - Neva, a young midwife, her mother Grace and her grandmother, Floss, a retired midwife. Finding herself unexpectedly pregnant, Neva is tightlipped about her predicament and unwilling to share any details of her circumstances with her family. Floss is plunged into turmoil as events from her own past start to re-surface and she faces the demons she's suppressed for 50 years. As Neva's pregnancy progresses it becomes increasingly difficult for her to conceal the truth behind her circumstances. Beautifully written with empathy and honesty, it will captivate you until the last page.

Pick up a book and get reading! 8 September is International Literacy Day – started by



THE INTERNATIONAL **AGATHA CHRISTIE FESTIVAL** takes place 11-20 September across a number of venues in her birthplace of Torquay, There will be 125th birthday celebrations for the Queen of Crime, agatha

Debut thriller

christiefestival.com

BITTER FRUITS BY ALICE CLARK-PLATTS

(£7.99, Penguin)

This powerful debut introduces us to Detective Inspector Erica Martin as she's called to Durham to investigate the murder of a student. The mystery unfolds in a close-knit community fuelled by obsession, secrets and lies. The storyline cleverly weaves in topical issues such as feminism and the darker side of social media, including the potential threat to young, vulnerable women. The investigation keeps you guessing until the end. Alice Clark-Platts has been awarded the Furniss Lawton Crime and Thriller prize for unpublished crime writers for this captivating book and fans of Nicci French and Val McDermid will love it.



*** HEAD TO BATH FOR THE JANE AUSTEN FESTIVAL**, 11-20 September at the Jane Austen Centre. The beautiful Georgian city of Bath rejoices in all things Jane Austen, with daily events including a Grand Regency Costumed Promenade on the second day of the festival, starting from the Assembly Rooms on Bennett Street. We love it all! ianeausten festivalbath.co.uk

IN THE SPOTLIGHT

This month we caught up with novelist, **ROSIE THOMAS**, who's written 20 books and twice been awarded the title Romantic Novelist of the Year.



As a child what did you want to do? To work on the sweeties counter on Woolworths. What's the biggest risk you've taken? If it's physical risk, probably crossing South Georgia in the footsteps of the explorer Ernest Shackleton. If you could change any law what would it be? To ban the death penalty everywhere. What are you watching, reading and listening to? I'm reading Adam Begley's biography of the American novelist John Updike and Jessie Burton's The Miniaturist. I like to catch up with classic movies I've somehow missed last week it was Ghostbusters

- and I also have a slightly weird passion for the Welsh comedian Rhod Gilbert. I listen to his programme *Rhod* Gilbert's Best Bits via BBC Radio Wales if I can't sleep. How do you like to relax? Long distance walking, it's a great disconnect for the mind. Three words to describe vou? Driven. Perfectionist. What else goes with those two? Headcase. What makes you laugh?

Apart from Rhod Gilbert? Jokes. Personally I can never remember one for longer than five minutes, so LLOVE it when someone tells

me a good one.

Rosie's latest book, Daughter of the House, the sequel to The Illusionists, is out now (HarperCollins £12.99)

What to watch

Our pick of the best TV, film and DVDs for you to watch



Get your tissues at the ready as the sixth and final series of Downton Abbey (ITV)

airs this month — and it looks set to be a weepy one! The show's Executive Producer has promised it will

he full of all the usual

drama and intrique, but with rumours alluding to romantic developments for Lady Edith and Lady Mary, as well as the wedding of Mr Carson and Mrs Hughes, it's sure to be a series to remember.

Happy feet

Based on the 1998 memoir by Bill Bryson, A Walk in the Woods stars Robert Redford as the humorous travel writer, who returns to the US to hike the 2,200-mile Appalachian Trail with his friend Stephen Katz (Nick Nolte). In cinemas 11 September.

Having a ball

The nation's favourite ballroom dancing competition, Strictly Come Dancing, is back for its

13th series on BBC One, as a new set of celebs get ready to show off their best dance moves. Who will follow in the footsteps of last year's winner Caroline Flack and take home the trophy?

DVD OF THE MONTH

OUTLANDER - Season one (Collector's Edition) Eagerly anticipated by fans of the best-selling novels by Diana Gabaldon, it tells the story of a nurse Claire Randall who is swept back in time from

OUTLANDER

1946 to 1743, into an unknown world, Released 28 September.

Race to the summit

pic thriller Everest stars Jake Gyllenhaal and Jason Clarke as mountaineers Scott Fischer and Rob Hall, who led separate expeditions up Mount Everest. Based on the real events of the 1996 Mount Everest disaster, which tragically led to the deaths of several climbers, the film follows the two groups as they struggle

through one of the mountain's worst ever Worthington. In cinemas 25 September.

snowstorms to climb to the summit. Also stars Keira Knightley, Josh Brolin, **Emily Watson and Sam** SMONTH'S

Outlander was planned as a film, with Liam Neeson rumoured to play a starring role

What to listen to

Music for all ages and tastes to enjoy this month

MORE MUST-SEE MUSICALS

RFAUTIFUI - THF CAROLE KING MUSICAL

With rave reviews it's crammed with hits like Take Good Care of My Baby and Locomotion. The Aldwych Theatre, London, aldwychtheatre.com

MEMPHIS THE MUSICAL

Starring award-winning singer Beverley Knight, it's the story of an ambitious radio DJ and a nightclub singer looking for her big break. The Shaftesbury Theatre, London, theatrepeople.com

JERSEY BOYS

Set in the 50s, this hugely popular show reveals how a New Jersey trio met Frankie Valli and formed The Four Seasons. Piccadilly Theatre, London, jerseyboyslondon.com

Ol' Blue Eyes is Back

To celebrate the 100th anniversary of the birth of Ol' Blue Eyes himself, head to the London Palladium Theatre to see the musical Sinatra 65 vears after he made his UK debut on the same stage! This fitting tribute is a high-tech multi-media show using rare footage of Sinatra with family photos and interviews, a 24-piece orchestra and



riveting dancing. Top hits include Flv Me to the Moon, Come Flv With Me and the legendary New York, New York. The show ends 10 October so book your tickets now! (londontheatredirect.com).

OUR FAVOURITE CDS OUT NOW



) Jack Pack, £10.99

This contemporary swing group did well in last year's Britain's Got Talent contest. Recorded with a 72-piece orchestra, hits on the album include Light Mv Fire and Mv Wav.



) Girl Groups of the 50s and 60s, £6.99

This three-CD box set brings together girl groups of the era including The Shirelles, The Ronettes and Martha Reeves and the Vandellas.



The swing music era brought us the Charleston, the Tango and the Shimmy

The Meryl manifesto

Our greatest living actress, three-time Oscar winner and still box office gold – Meryl Streep talks work, family and marital fights with GABRIELLE DONNELLY

eryl Streep is ready to take a holiday. "Ouite soon. I'm going to take a nice break," she says firmly when we meet in the elegant Waldorf Astoria Hotel

in her native New York.

She's casually chic in a black jumpsuit, her thick hair pulled back into a messy yet stylish bun, eyes glinting with wrv humour behind defiantly non-hip cateye glasses. She looks terrific from where I sit; she insists she's actually exhausted. "I've been working non-stop for five years now I've had some wonderful. opportunities to make films and I've been jumping on them. - it's about an American society lady at the turn of the 20th century who was famous for being a very bad singer, so I'm going to be very good at that." she laughs, "and that's going to be my last for a while. I'm going to take some time off, go to art

"I'm really happy when scripts come along that allow me to continue in the profession because there aren't many older women working

> galleries and museums and just absent myself from the chaos."

There will still be plenty of Meryl for us to see before she takes a back seat, mind you. Also coming out in the next couple of years are Ricki and the Flash, in which she will play an

ageing rock musician, and Suffragette – starring Mervl as Mrs Emmeline Pankhurst. She turned 66 on 22 June, and to be working at all – let alone complaining of overwork – is a situation that would make most Hollywood actresses

> on the far side of 50 swoon with envy – on the other hand, most Hollywood actresses are not Meryl Streep.

Ask her what her magic is, however. and she only shrugs. "I've had a long career, haven't I?" she agrees

cheerfully. "I don't know why - I just started working when I was right out of drama school and I haven't stopped. I'm sure that my career has been wonderful, and people talk about accolades and such, but somehow that doesn't register

I have one more film to make

called Florence Foster Jenkins

with me," she adds. "My mother used to say to me, 'Why don't you enjoy it more?' But I just don't get into it, I'm afraid. I have my own

and my own insecurities, and that's what I fixate on, you know? I'm really happy when scripts come along that allow me to continue in the profession because there aren't

and I'm always expecting people will get sick of me."

Mary Louise Streep was born in Summit, New Jersey, the daughter of artist Mary Wilkinson Streep and Harry William Streep Jr, a pharmaceutical executive. She was raised in a strict but loving home and says that in many ways her childhood was little short of idyllic. "I had wonderful parents

used to sing in the kitchen for hours. I used to go out all day with a little gang

Hoved it.

would say,

home when you hear >



the bell,' and we'd all just run around all day having fun."

She grew up fascinated by acting. When she was 14, she saw the film Ship of Fools, starring French actress Simone Signoret. "She was the sexiest thing I'd ever seen. There was something about that movie

before turning to film in 1977 a bit part in Jane Fonda and Vanessa Redgrave's Iulia - and has been in the limelight ever since. She's appeared in a staggering 63 films, received 19 Academy Award nominations and won the Oscar three times - for Kramer vs Kramer in 1980.

the Flash. What a veritable treasure chest her memory must be of all the exotic locations, glamorous co-stars and moments when cinema history was made...

And here she is, surprising us again. "I don't really remember the film part of my films," she admits. "My memories are more to do with the experience of making the films. Who was I working with? Was Lat home or on location? To tell you the truth, most of my memories are of things that happened out of the frame like who Late lunch with!"

Off the screen, she has been married since 1978 to sculptor Don Gummer. Don shuns the spotlight, but their marriage is known to be one of the happiest in the movie business.

"I think we have a good marriage," she agrees. "Like any marriage, sometimes it's more difficult than others, and sometimes it's just great. OK,

⁶⁶I think we have a good marriage. Like any marriage, sometimes it's more difficult than others, and sometimes it's just great

that made me think. 'OK, this is not a comedy or an action movie, this is another level of something altogether - and I really like it!"

Mervl studied drama at Vassar and then moved on to Yale. In the early 70s, she made a name for herself as a stage actress

Sophie's Choice in 1983 and The Iron Lady in 2012. She's co-starred with Robert De Niro and Christopher Walken in *The* Deer Hunter in 1978 and James Corden and Emily Blunt in Into the Woods in 2014, and is about to co-star with her daughter Mamie Gummer in Ricki and



The love and support Meryl receives from her children, Henry, Mamie, Grace and Louisa (1), and husband Donald (2) is the secret to her success



celebrity interview







Meryl's mother roles are far from conventional – from Kramer vs Kramer (3), the witch in Into the Woods (4) to unlikely rock star in Ricki and the Flash (5)

you pick your battles and decide which things are important enough to go to loggerheads on, and which you can let slide... but, weirdly, we do seem to agree on most of the big things, like money and the kids and sex, which is what I'm told a lot of people fight about," she smiles. "We seem to be on the same page on those things, but we do fight about little things. 'Why didn't you service the car?' 'But you knew it had to be serviced when the light went on.' That sort of thing... still, it does seem to be working fairly well."

The Gummers live in a house in New York that, she says proudly, has barely an inch of wall space visible between the paintings they have bought and friends have given them; their children, musician Henry, actresses Mamie and Grace, and fashion model Louisa have all grown up and flown the nest, but visits are frequent and it is very clear that the love

between Meryl and her four children is limitless.

"I really like this part of life," she says. "You wait so many years while they're growing up and you think, 'What are they going to be like?' and now they are all adults and you find out that they're exactly the way they were when they were three years old! I think you are who you are from the very beginning, you just have to find it in yourself," she says.

She admits when the children were small, she was strict with them. "I don't think there was ever a week when they didn't complain about that!" she says now, smiling. "Those famous words, 'Everybody else can, why can't I?' I remember saying them to my own mother and her saying, 'I don't care if everybody else can - you can't.' And that's what I said to mine when the time came, too!" she says. "My husband was more laissez-faire - but mothers do tend to be the

task masters, don't they? Daddy was always the good cop."

She is known to be maternal. on film sets - younger actresses such as Amy Adams and Emily Blunt openly adore her. Ask her now for her tips for actresses who are starting out, and she is characteristically practical. "Consider your material before vou take on any role. I think a little bit of training is a good thing, putting yourself into a class where vou're asked to do things you don't really want to do, or even that you might think are stupid. I did things when I was in class where I said to myself, 'Oh, this is ridiculous...' but years later, it came back to me why it was valuable," she says. "And number three - stay healthy. Don't starve yourself. I wasted far too much time dieting when I was younger, and it was just stupid to even think about it!"

And Meryl Streep – living legend – laughs heartily. *



Autumn style file

Rich colours, bold vibrant prints and luxurious fabrics in flattering shapes set the tone for an opulent autumn of new trends This
is just
a preview of
what's to come
- so don't worry
if you can't find
it instore!







New gems Go for chunky statement cuffs and earrings



fashion fix



Top coats New-shape coats – there's one for everyone



Emilia Wickstead

COSY knits Stay snug in pale, flattering knitwear





Hot colour craze Mustard is the new yellow





1 Clutch £45, Monsoon 2 Sandals £75, Dune 3 Bangle £17, Accessorize 4 Fan clutch £35, Accessorize 5 Courts £99.95, Moda in Pelle

Sparkling frost Embell



fashion fix



Retro revival Head into autumn in a 70s print



Jasper Conran



Bohemian rhapsody Team loose fabrics with knits





Fur it up ar – luxury meets practicality



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Feminine form Embraca course with a full skirt





- a Ankle boots £45, Dorothy Perkins 2 Slipper shoe £69, Dune 3 Heeled loafer £75.95, Moda in Pelle 4 Kitten heel £65.95, Moda in Pelle 5 Strappy court £79, Dune 6 Boots £199.95, Moda in Pelle







many. So we ignore the food we already have and order a pizza instead. After all, where's the harm in binning the odd carrot or mouldy slice of bread? The problem is, it all adds up. Every year, in the UK, a staggering 15 million tonnes of food is thrown away, almost half of it from our own homes. Some of this is reasonable enough - eggshells, used teabags and the like but more than half of what we throw away is perfectly good food we could have eaten.

According to the charity Love Food Hate Waste. this includes the equivalent of 86 million chickens, 70,000 tonnes of cereal and £270.000.000 worth of wine every year.

Around half of all the food we dispose of remains untouched or

unopened, including the 1.3 million yoghurts and 440,000 ready meals that are chucked out every day. It's estimated the average UK family throws away 18 per cent of all the food it buys. Families with children dispose of a staggering 27 per cent. We throw away more food than packaging every year.

But Sally Hollyhead of Love Food Hate Waste says that things are improving. "Between 2007 and 2012, avoidable food waste in the home reduced by 21 per cent, or over one million

tonnes," she says, "that would fill 23 million wheelie bins. But we still have a way to go."

Hollyhead points out that 90 per cent of us have no idea we're even being wasteful. A 2008 study by the environmental organisation WRAP, the Waste and Resources Action Programme, found British people who thought their household didn't waste food were throwing away 88kg of edible food per year. It's all very different from wartime. Not

"EUERY YEAR, IN THE UK. A STAGGERING 15 MILLION TONNES OF FOOD IS THROWN AWAY. ALMOST HALF OF IT FROM OUR OWN HOMES"

> only was rationing imposed almost as soon as the war broke out in 1939, just a year later, a new law meant people who wasted food could go to prison. They were expected to eat every scrap, and reuse tealeaves – any true waste, such as peelings, was collected by councils and used to feed animals. One popular slogan read, 'Food is a weapon. Don't waste it'. However, our habit of frugality was soon discarded.

By the 90s, the Government had founded WRAP, and much of the concern focused on the food industry, responsible for more than eight million tonnes of wasted food every year. But who is actually wasting all this food? According to Love Food Hate Waste, supermarkets now 'only' waste a quarter of a million tonnes, restaurants just under a million, and manufacturers, including farmers, account for 3.9 million.

There is no doubt that supermarkets have made efforts to cut food waste. Food that's fit

> to eat is increasingly sent to food banks and organisations such as FareShare, which redistributes surplus food to charities. Last vear FareShare helped turn 7.360 tonnes of surplus food into 15.3 million meals for nearly 2,000 charities and

community groups, including school breakfast clubs and homeless shelters, Maria Kortbech-Olesen, spokesperson for FareShare explains that supermarkets help by opening up their depots and providing transport for the food – Asda recently donated £200,000 for transport costs. However, the food itself is largely donated by the supermarkets' suppliers, who often have to find somewhere for it to go when it is rejected. "Food becomes surplus for many reasons,"

says Kortbech-Olesen, "sometimes milk, say, is still fresh, but the short shelf life means there isn't time to distribute it to supermarkets and wait for it to sell. Sometimes packaging has been printed in the wrong colour, is damaged, mislabelled, or the food is a new product that customers

didn't want." And some food, says Kortbech-Olesen, is ordered by supermarkets but then rejected. "This could be soft fruit or barbecue meat destined for a summer promotion then unwanted because of cold weather"

This, according to a report published by the House of Lords EU Committee. Counting the Cost of Food Waste, is an example of the way supermarkets push food waste up and down the food chain and off their own balance sheets.

Baroness Scott of Needham Market, the chair of the committee, said, "Supermarkets must work much more closely

with their suppliers, so as not to cancel pre-ordered food that has been grown, is perfectly edible and is then ploughed straight back into the field."

More waste occurs because of strict supermarket regulations about the size and appearance of fruit and vegetables. A 2013 report, Global Food: Waste Not.

"A 'BEST-BEFORE' DATE MEANS FOOD IS AT ITS PEAK OF QUALITY BEFORE THIS POINT. IT'S STILL PERFECTLY EDIBLE"

> Want Not. from the Institute of Mechanical Engineers, claimed that up to 30 per cent of vegetables in the UK were not harvested because they were rejected as too ugly.

Some people also say that supermarket promotions encourage us to buy, too. A 2014 survey by the Institution of Mechanical Engineers (IMechE) found that in the run up to last Christmas, 70 per cent of shoppers questioned said they had been encouraged to buy more food than they needed via offers, promotions and vouchers, with 45 per cent actually buying more as a result. A fifth of the people polled either wasted or threw away more than ten per

> cent of the food they bought over the period.

Dr Tim Fox, head of energy and environment at the IMechE, said. "While it would be wrong to lav all of the blame for waste with the supermarkets, deals like buy-one-get-onefree (BOGOF).

'half-price' offers and other price discounting methods do exacerbate the problem."

But retailers hit back by saving that BOGOFs on perishable products have been phased out. Andrew Opie, director of food and sustainability at the British Retail Consortium, said, "The link between promotions and

EVERY DAY UK HOMES THROW AWAY APPROXIMATELY:

1.5 MILLION SAUSAGES

1.9 MILLION SLICES OF HAM

1.1 MILLION EGGS

5.8 MILLION WHOLE POTATOES

1.4 MILLION WHOLE BANANAS

1.5 MILLION WHOLE TOMATOES

food waste is very small. The main method of promotions is cutting the price rather than BOGOF offers, which are very rare for fresh products."

Asda scrapped BOGOF promotions in 2009. In 2013 Tesco said it would not sell bags of salad within these offers and it reduced the amount of fresh bakery items it offered, as these accounted for 41 per cent of its wasted food. Sainsbury's - and other supermarkets - now offer bagged salads in smaller sizes, while the bread company Warburtons has introduced smaller sliced loaves.

Even if we can resist those supermarket offers, confusion over the labels on the food we buy can cause us to throw away good food.

WRAP found that every year we get rid of food worth a quarter of our grocery bill because it has passed its 'bestbefore' or 'use-by' date. But a 'best-before' date simply means the food is at its peak of quality before this point. It's still perfectly edible. However, you should not eat food after its 'useby' date, as this indicates the last date that perishable foods will definitely be safe to eat. 'Sell-by' dates and 'display until' 'Sell-by' dates and display un are there to help supermarke with stock rotation and are nothing to do with how safe are there to help supermarkets

WHAT DO WE WASTE?

The most commonly wasted foods are:



the food is. These are being phased out because of the confusion they caused.

The way we store our food at home is another reason for waste. Most of us don't realise that fruit and vegetables normally last longer in their packaging. Love Food Hate Waste points out, "a shrinkwrapped cucumber will last

a 2008 study by Bird's Eve found most of us underestimate the length of time we can keep it. Hollyhead says, "Bacteria cannot multiply in frozen foods, so if your food is in a normal **** rated freezer at -18°C, it will be safe to eat for years."

chuck our food in the freezer.

And while a fruit bowl may look pretty, in our warm, heated

homes, the fridge is usually a better option. Sensible shopping helps prevent food waste. Checking cupboards before shopping, using a list and meal planning can all help reduce impulse buys.

So what's the problem with food waste? For a

start, it's costing us money. According to Love Food Hate Waste, throwing away good food costs the average household £470 a year, rising to £700 for a family with children - the equivalent of around £60 a month.

Cutting domestic waste could also cut carbon

"THROWING AWAY GOOD FOOD COSTS THE AVERAGE HOUSEHOLD £470 A YEAR, RISING TO £700 FOR A FAMILY WITH CHILDREN"

> around three times longer than a non-shrink-wrapped one". Other misconceptions include the belief that we can only freeze food on the day we buy it. Hollyhead says, "You can freeze even opened food right up until midnight of the use-by date, and nearly all foods are freezable." Even when we do

candis report

emissions at a level equivalent to taking one in four cars off the road. This would mean we had cleaner air, reducing problems such as asthma as well as contributing less to climate change. Producing the food we throw away uses up around four per cent of the water the country needs every year. It takes 12 litres of water to produce just one tomato. Around 650 litres, or 54 buckets of water are needed to produce a single chicken breast. A loaf of bread uses 125 litres of water before it arrives in our kitchen. Every year, uneaten food wastes three times the volume of water in the whole of Lake Geneva.

However, there is good news. More and more councils are offering food waste recycling. And supermarkets are now

recycling food as animal feed, or sending out-of-date food to be sent to special waste plants called anaerobic digesters. which break down food waste into fertiliser and methane gas, used to generate electricity in homes and businesses.

We are preventing more waste too. In 2014. FareShare saved 33 per cent more food than the previous year, and was able to help 48 per cent more charities. We are also doing better at home. A Which? survey found around half of us are buying less, cooking with leftovers, making smaller portions and freezing more to save money. A quarter were shopping more often to avoid

waste, and four

in ten said they were keeping an eve on use-by dates to ensure they ate food in time, Emma Marsh, head of Love Food Hate Waste says, "Since the launch of Love Food Hate Waste in 2007. household food waste has reduced by 21 per cent, which saved consumers almost £13 billion – around £15 a week per head. None of us want to waste food, but busy lifestyles make it difficult," she adds. It's

Find lots more hints, ideas and recipes at **sainsburys** foodrescue.co.uk and lovefoodhate waste.com

worth trying though. After all, we could all do with an extra £60 in our pockets every month. *

HOW TO KEEP FOOD FRESH

KEEP BREAD OUT OF THE FRIDGE – it will become stale more quickly at lower temperatures.

DON'T STORE UNRIPE AVOCADOS IN THE **FRIDGE** as it prevents them from ripening.

ONIONS SHOULD BE STORED IN A COOL, DARK PLACE IN OPEN TRAYS. Avoid storing onions and potatoes together.

DO NOT REFRIGERATE POTATOES.

STORING BANANAS with unripe avocados or kiwi fruit will speed up the ripening process. Separate them once your avocado or kiwi is ripe. TO STORE HERBS, trim stems, place in a jar with two centimetres of water in the bottom

CHIVES. SPRING ONIONS AND LEEKS should be stored in an airtight bag in your fridge crisper.

BLUE CHEESE can be wrapped in foil but change it every few days because the cheese's acidity will react with the foil.

STORE SOFT CHEESES in waxed cheese paper or baking paper.

HARD CHEESES can be stored in plastic wrap or airtight containers.

Source: lovefoodhatewaste.com



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LIFE IS YOURS FOR THE TAKING. My father worked down the mines from the age of 14 but escaped by passing the entrance exam to join the police. He was proud of what he achieved and brought me up with a strong sense that I alone had the power to make my own life truly fulfilling.

DON'T BE AFRAID TO STAND ALONE. As we lived in a police house local kids used to throw things at our home, which gave me the strength to be unafraid of standing out. This was a huge help when I was living with the Bedouin. I spent much of my time there trying to demonstrate that women can be of true value in a society.

BE UNAFRAID OF MAKING MISTAKES. I left school at 18 and took up a commission with the RAF. By the age of 19 I was flight commander of a section of 30 people, 25 of whom were male and older than me. I commanded respect, largely because I was good at making decisions. I learnt people forgive an awful lot if you make a wrong decision but put it right; far more than if you never seem to make a decision at all. When you dither, you dissipate good energy — you have to be unafraid to make mistakes, otherwise you limit your life experiences.

LEARN TO LOVE YOUR FELLOW MAN, FLAWS AND ALL. Life is immeasurably richer if you find a way to see good in people. I was a teacher for 33 years and all that time around young people taught me there's a part of you that's got to love them. That's what helps you accept their frailties and see their strengths. There was much that was flawed about the Bedouin people, particularly how they treat women. I tried to chip away at that, but to do so, first I had to find a way to love them anyway.

YOU HAVE TO BE PREPARED TO ADAPT. My

Bedouin neighbours used to live in the empty tombs and caves of Petra. Then, in the 1980s, when the government wanted to develop Petra as a tourist site, these people were moved into a village of breezeblock units. Where once the traditional role

of men was to find pasture and wood for fires and fuel, now they had to start making money from tourists. That's how I met the family I went on to live with — I went on one of the camel rides they put on for tourists. It quickly struck me that these people truly were a living lesson in adaptability.

SOMETIMES YOU JUST HAVE TO ACCEPT THAT WHAT WILL BE WILL BE. I discovered Petra in January 2004, when I was a year off retirement. I felt this was my soul's home so contacted a company that specialises in recruiting teaching staff overseas who said I was too old to work in Amman. I returned to Jordan for another holiday in the May — as I rode on a donkey, a call came through on my phone offering me a job interview. I got a taxi over there and was offered the position. By the September, my new life had started.

KNOW WHEN THE TIME HAS COME TO WALK

AWAY. For the first two years I taught and spent my weekends with the Bedouin people, before eventually giving up work to live with them completely. At first, I was seduced by the romance and nobility of their simple way of life, but over time my eyes opened to the inequalities experienced by the women there, who need permission from their men to leave their homes and aren't allowed to walk down the main streets in their community. For seven years, I tried to live in a way that would show them a woman could be independent yet respectable. But it was hard and sometimes depressing and in 2012, the time came when I felt ready to walk away and come home. I felt that I'd sown enough seeds for at least a few to grow into men who understood that public places didn't belong to them alone. Now, I'm back living in West Sussex. I've written a book about my adventure, and speak at societies and women's groups telling them about my experiences — but part of me will always remain with the Bedouin people.

Living with Arabs – Nine Years with Petra Bedouin by Joan Ward is out now and available from Amazon (from £4.64 eBook or £8.95 paperback)



Is school still working?

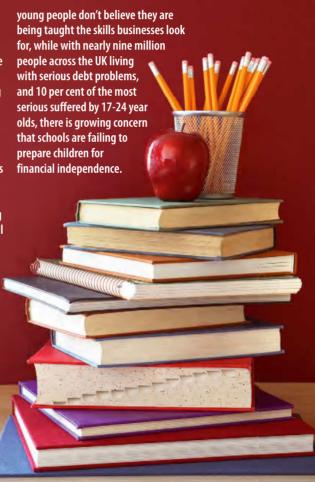
A recent study put the UK education system as the second best in Europe and the sixth best in the world. But do our schools really teach the essential skills that prepare children for adult life?

uring a 2013 meeting of business leaders, Prince Charles warned that schools were not giving young people the "character" they need to cope outside of education and were leaving them potentially unemployable.

Dr Sandra Cooke, Director of Partnerships for the Jubilee Centre for Character and Virtues, agrees. "We believe schools, alongside parents and communities, play a vital role in the character development of young people, and that character – including honesty, kindness and courage, as well as resilience and self-discipline – is teachable," she explains. "Teachers recognise their importance as role models to children and want to play an active role in character development, but too often, the demands of the education system leave little time."

New research from LifeSkills and Barclays also shows nearly half of

Would you ever consider educating your children at home or do you think schools are doing a good job? Readers share their views...





Graham Sherry, 43, lives in Brighton with his wife. They "unschool" their four children, aged from three months to 11 years

e have tried all different types of education for our older sons, who are 10 and 11, including a Montessori nursery school, an alternative education school with a child-led curriculum, and a traditional state school. However, when our sons were eight and nine we found ourselves in a position to be able to educate them ourselves from home, and have found this to be the best approach for our family.

While our children did enjoy some aspects of being at school, my wife and I always felt our education system puts far too much focus on academic ability and not enough on allowing children to cultivate their creativity. It's geared towards excelling at academic subjects, so the Government has statistics to refer to, but does not prepare children for life beyond exams and can make them feel like failures if they don't perform well.

In our view all children excel, just not in the same way, so the focus should not

be, "How intelligent are you?" but, "How are you intelligent?" and finding and nurturing individual excellence, with equal weight given to vocational, academic and practical skills.

When you look at the world around us, everything is made by people. We need adults with practical skills to produce these things, yet there's no focus at all given to that in the education system.

More and more people in the 21st century are also finding ways of making their own work and becoming self-employed based on their practical skills and creativity. A lot of millionaires out there don't have qualifications, they just knew how to apply themselves in the real world, which is something many school leavers can lack.

People often say, "Oh I could never get my children to sit down to lessons with me, I can't even get them to do their homework," but education for us is a far cry from that found in traditional schools. What we do at home is extremely child-led, so we will sit down with the children each day and talk about what they want to do, so they can focus on their individual skills and interests and the things they want to learn. We will also give them access to opportunities they might not get in schools, such as the games design course our 11 year old recently attended.

We don't measure them against a set of curricula or encourage them to do exams as we're much more focused on how they can apply what they learn in the real world. This is at the centre of everything we do.

Read more about the Sherry family's unschooling life on their blog: *unschool.me*.



'MAYBE'

Ann Tabares, 43, lives in Lancashire with her husband and three-year-old son

y youngest son will start pre-school in September and I have been really impressed with the schools we've looked around, which already have tablets and computers in the classrooms. I think it's really important for schools to embrace technology, to help to prepare children for the working world.

Based on my own experience and that of my older son, who is 25. I believe a school education is important for promoting respect, discipline and punctuality, which are essential in adult life, and encouraging children to have a routine and learn how to work alongside others. It also gives a basis in subjects, through which valuable life skills are also learnt. However, while the national

children. I think it should be adapted in secondary schools to reflect life "post school", including more practical and social skills.

At the moment, the national curriculum seems to be based on the idea all students will apply to university, so the focus is on preparing them for that. However, not all children go on to higher education so schools need to do more to make sure all leavers are in a good position to get a job.

When I left school I had no idea about what careers I could do and didn't feel prepared for the future. and I think my older son would have also benefited from learning more life skills and getting some vocational advice.

Classes should be offered on money management, interview skills, putting together a CV and basic business training, including telephone skills. They could also have independent third parties come in for careers advice and encourage group discussions and vocational clubs to get students thinking more about the future.

I don't think it should be left to parents to give advice on finances and careers, as this is unfair on those children whose parents may have little knowledge or training on these things themselves or may not be particularly supportive. All children should leave school on an equal footing, fully prepared for the world they are entering.

The facts

- A survey by Halifax Home Insurance found more than half of those under 35 lack the skills needed to maintain their homes, with 63 per cent unable to put up wallpaper and 50 per cent not knowing how to rewire a plug.
- Separate research revealed many university students lack basic financial knowledge. with 35 per cent unsure how to pay a bill and 44 per cent unable to set up a direct debit.
- A 2014 survey of 3000 companies by the British Chambers of Commerce showed that 57 per cent of firms believe young people lack the basic "soft" skills, such as communication and team working, needed to succeed in the working world.
- Although the numbers of homeeducated children in the UK are hard to assess those who have never attended school do not

curriculum works well for younger

need to be registered with councils – in July 2014 local authorities in England recorded there were 27,292 home-educated children. However, the Badman review in 2009 estimated the number could be as high as 80,000.

- The term
 "unschooling" was
 coined by former
 teacher John Holt in
 the 1970s. It advocates
 learner-chosen
 activities as a main
 method of learning.
- Finland, which is ranked as having one of the best education systems in the world, announced this year they will be embarking on a radical education reform programme in 2016 that will move away from traditional "teaching by subject" in favour of "teaching by phenomenon", with students studying interdisciplinary topics.

Log on to candis.co.uk/debate to find out how to take part in a future Great Debate



Nageena Ahmed, 35, lives in Lancashire with her four children, aged one to 12

hen I was growing up I always loved school and it gave me lots of skills I still use today, including the ability to express myself and to learn independently. I have since gone on to college and university, and think my school education gave me basic skills and knowledge I could build on, as well as a passion for learning.

I went to a good school, where we learnt about managing our finances and had companies coming in to tell us about different careers, so I definitely felt equipped to make financial and career decisions once I left school.

Now my children are at school, I feel happy with how they are progressing. They have gained knowledge of a wide range of subjects, which I think is really important. While they might not use everything they learn now, children don't always know what skills or knowledge they will need in the future so

I think it's good the national curriculum gives a broad knowledge of lots of things.

They are also learning lots of transferable skills, such as time management, problem solving, leadership, teamwork and organisational skills, which will help to make them more employable.

I think the main benefit of a school education though is that it helps to teach children moral values, such as respect, patience and discipline and how to share and be kind to one another. They learn the greatest reward doesn't come from instant gratification but from sustained effort.

I believe the success of the economy will develop on the skill set that a person has, but the success of the community will depend on the ability of people to treat others how you would like to be treated. In my opinion, a school education develops both of these things and helps to produce considerate and knowledgeable adults.

My family secret

With more of us than ever researching family history, we meet three people who stumbled on shocking secrets hiding in their family's past

"My great grandmother was locked in an asylum"

Essie Fox, 55, is from Berkshire. She says:

urghill Asylum, in Herefordshire, has always held a fascination for me. When I misbehaved, my mother would say, "You will send me to Burghill!" I'd wonder what this awful place could be.

When I was 12 years old. I accompanied my stepfather there to visit his sister, who had schizophrenia. I remember walking through beautiful grounds, towards what looked like a stately home, then walking along the corridors and hearing the sounds of people shouting behind closed doors. There were women rocking on their chairs, and one who reached out her arm thinking I was a family member.

The experience had quite an effect on me. It sparked a fascination with the Victorian era that grew with time and, when I reached middle age, I decided to write a novel about a female character who was put in an asylum unfairly. I began researching Victorian asylums. including the Burghill Asylum I remembered visiting as a child.

Unfortunately, my research didn't get far. I discovered the asylum was closed and the authorities didn't have any of the records, so I rang my mother.

I was so shocked when she confessed my great grandmother, Mary had lived and died within its walls. I wondered whether my mother's comments to me as a child reflected a fear of insanity that might run through the family.

It was an upsetting discovery given the research I'd been doing into the awful Victorian 'cures' I had read about, I couldn't push the thoughts of lobotomies and

patients being plunged into hot and cold baths from my mind.

Growing up in a large, close family – where gossip was part of everyday life - I wondered if the hushed rumours whispered during my childhood had made their way into my subconscious, giving me this idea for a novel.

My mother told me my great grandmother, Mary, was sent to live in the asylum in 1911. at 28, when she started behaving erratically after giving birth to her fourth child. Her children were sent to live with various members of the family, while my great grandfather carried on as though his wife was dead, because of the stigma of insanity at the time. Even now, I know little about my great grandmother's life in the asylum, except for a memory of my grandmother's - she remembered seeing Mary constrained by a straitjacket.

When my great grandmother passed away in her 40s, a letter was sent to inform the family, but somehow this was lost. Following her death, a post-





Cherry Durbin, 72, lives in Devon. She says:

y adoptive parents, Dorothy and Ernest provided me with a fantastic childhood. Occasionally I'd ask where my birth mum was and my dad would say, "In the land where the tigers grow." As a child, this sounded reasonable. Sadly, my mother died when I was nine, but Dad and I remained close.

While I was pregnant with my first child, aged 23, he said it was about time I had my adoption papers. They showed I was born in 1943, to Daisy Louise Noel and Henri Le Gresley Noel, both from Jersey, and went to live with my adoptive parents six weeks later.

It was strange seeing their names and I wondered what they were doing. But I didn't want to upset Dad, so pushed those thoughts away.

It was only when my dad died and my first marriage fell apart that I began wondering about my biological family again. I started looking through Jersey records with the help of an amateur genealogist.

We found an address for my birth father, only to discover he had died eight years before. I embarked on a trip to Jersey, where I found my mother's cousin. He told me that when my mother was evacuated to England in World War Two, she had left behind another little girl, Sheila, to be brought up by my grandparents. I was astonished to learn I had a big sister and wanted to find her.

A few months after returning home, I located a phone number for my birth mother, who by then lived in Leeds. My heart pounded as I dialled — the voice that answered sounded just like mine. She seemed delighted I'd got in touch but also reluctant to discuss her past.

We ended the call by arranging to meet each other halfway, in Bedford. I was so nervous, but as soon as we saw each other we ran into each other's arms. However, she remained evasive about my adoption and wouldn't talk about Sheila at all.

Following our meeting, we wrote to each other for several

years, until she died in 1989. I felt a real loss at her death. Then, eight years ago, I was devastated to lose my second husband to cancer. In my grief, my thoughts turned to Sheila.

One evening in 2011, I came across the programme *Long Lost Family*, who were looking for people on a guest to find their

relatives. I sent off an application and weeks later got a call to say they'd have me on the show.

Researchers worked on my case for months, until Davina McCall came to tell me they had found Sheila. Not only that, they had found another sister!

Davina told me my mother fled Jersey in 1940, while pregnant with my sister, Val, who was shortly put up for adoption. My mother told her family that Val and I had died in an air raid. Sheila and Val had been brought up as single children too — Sheila in Jersey and Val in Lancashire.

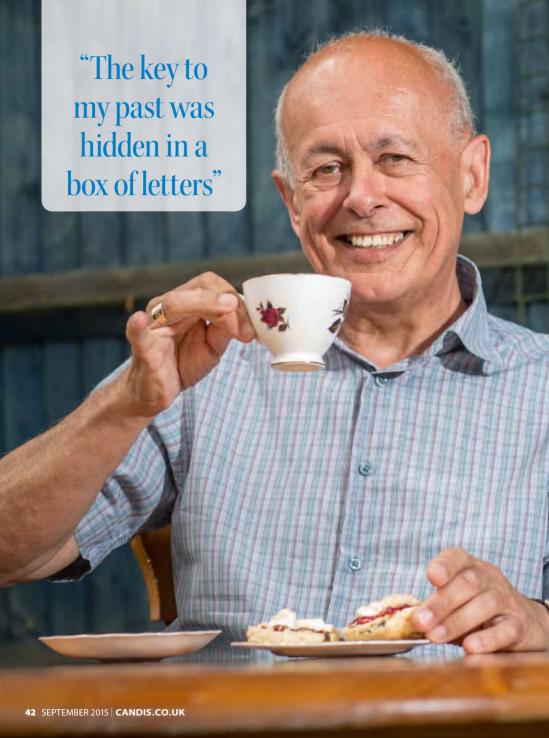
The programme arranged for us to meet up a week later. We threw our arms around each other and never stopped talking.

We wish we'd grown up together, but focus on the present and joke that we need to live to 100, to make up for lost time!



Cherry (11) with her adoptive family and now with her sisters

Secret Sister by Cherry Durbin (£7.99, HarperCollins) is out now.



Alan Bush, 70, lives in Leicestershire. He says:

he first indication of the complexities of my past became apparent in 1959 when I was 14 and living in Surrey with my parents and brother, Harold, 25. Following a murder in the local area, the police — who were questioning everyone — came to our home. I had been visiting my sister, Barbara, then 34, and her husband Derek in Croydon — but when I told the policeman this, my mum countered, "No he wasn't, he was with his mother."

After the police left my mum sat me down and explained that Barbara, who I had always believed to be my sister, was my mother and she and my father were my grandparents. She said when my mother was 20, their South African lodger had got her drunk and taken advantage of her, leading to her pregnancy with me.

As pregnancy outside
of marriage was such a scandal,
my mother had been sent away
to Worthing to give birth in
secret, then they had arranged
to have me adopted. However,
after about a month, for reasons
I don't know, I was given back
to my birth family to bring up.
Initially, I think I must have
been looked after by my real

mother, as I'd always called the woman I thought was my mum 'nan', but when my grandparents moved away they took me with them and raised me as their own. My heart was pounding in my chest as she explained all this to me, but I simply accepted what I was told. I had a very happy childhood and got on well with my birth mother, so I felt nothing had really changed.

Following that conversation, our life went on as normal and we never spoke of it again. It wasn't until many years later, in 1995, shortly after Barbara passed away, that I gave the matter more thought. She was ill and moved in with my family. She often used to ask to look through a box of photos with my wife, but when she got to a certain point, she'd say, "That's enough," as though there was something under the photos.

After her death, we looked through her things and found a letter at the bottom of the box. It was dated November 1944 and written by a Captain Mohammad Aslam to my mother, sent from an army camp in Norfolk.

The letter asked how she was and asked her to pass on his regards to the family, but I believed she must have kept it for a reason — and began to question the story I'd been told about my dad.

My grandmother had told me my father had been a white South African, but I'd always had a dark complexion, and I knew my mother worked in the Women's Auxiliary Air Force. Knowing she had had some sort of relationship with an Indian officer raised questions.

I asked my uncle, who said he remembered my mother having an Indian boyfriend. I sent letters to various army organisations and found a Captain Mohammad Aslam who worked for the CSDIC where they interrogated Indian prisoners of war, who had won the Military Cross in 1944.

I began writing letters to his former army camp, the CSDIC and the British Legion, to no avail. In 2009, a few years after Ancestry.co.uk launched, I started doing my family tree, then took a DNA test that confirmed I'm 48 per cent Asian.

I hope one day to find out more about my father. However, I'm glad I've been able to tell my own children about this hidden

part of their family's past.

A snap of a young Alan retrieved from a box of photos

HEALTH NEWS

The latest news, views and research to keep you and your family in the best of health

50 shades of graze

kipping meals and squeezing all your food into an eight-hour window has been hailed a good way to lose weight. But scientists at Ohio State University say that mice who ate all their day's food as a single meal (and fasted the rest of the day) ended up with more tummy fat than those who grazed all day – and the same could apply to humans! The restricted diet affected the mice's livers, preventing them from responding to signals that stop glucose production, and that extra sugar was stored as fat. This study could be proof that small meals throughout the day are a much better (not to mention more pleasurable) way to lose weight than going without.



Stats a fact

Working nine to five is better for you than shifts. 48% of shift workers are overweight and 24% suffer with

insomnia compared to 35% and 16% of nine to fivers.

COLD SORES



Have a piece of liquorice. Studies have shown that one of its ingredients - glycyrrhizic acid – stops the cold sore virus. But make sure it's proper liquorice, containing 'liquorice mass' rather than anise.

Get it checked

CLUBBED FINGERNAILS

These can be a sign of heart or lung disease, and occur in 35 per cent of people with non-small cell



lung cancer. The nail bed becomes soft and skin alongside becomes shiny. The nails curve more than normal, known as 'Scarmouth's sign'. The ends of the fingers may get larger. Your GP should send you for a chest X-ray to check your heart and lungs.

MUSSFIS

Tuck into moules - they're the richest source of energising iron you'll find, providing a woman's full RDA (14 mg) in one 200g

portion. Men only need half



Breaking news...

Dementia defiance

A drug developed at Lancaster University to help prevent the early stages of Alzheimer's is to enter clinical trials. In lab tests it reduced the senile plaques that clump together in the brain, damage nerve cells and cause memory loss. Lancaster University launched the 'Defying Dementia' campaign this year, to raise funds for future research.

ASPIRIN FOR EMPHYSEMA?

Taking aspirin regularly – three or more days a week – has been found to slow the progression of lung condition emphysema in a study at Columbia University Medical Centre, New York. It's thought the effect is due either to aspirin's blood-thinning properties or the fact that it reduces inflammation in the body.

MIND BOOSTER

Cognitive behavioural therapy (CBT) for people with obsessivecompulsive disorder (OCD) works better when patients take a drug called d-cycloserine used to treat TB, according to a study at the Karolinska Institute in Sweden. OCD involves repetitive negative thought processes and CBT aims to break these patterns. Known as a cognitive enhancer, it's said that the TB drug is to CBT what spinach is to Popeye.

MS hope

Researchers at CHUM Research Centre and the University of Montreal have found the Melanoma Cell Adhesion Molecule (MCAM) could play a crucial role in the dysregulation of the immune system seen in MS. Blocking MCAM could therefore slow its progress.



If you're struggling to follow conversations and turning up the TV, it could be time to get your hearing checked. Researchers at Colorado University say the part of your brain devoted to hearing can shrink with even mild hearing impairment - and this can lead to cognitive decline. Poor hearing isn't something to be embarrassed about and not only can aids help hearing they could prevent memory problems, say this team of researchers. Try the free hearing test at actiononhearingloss.org.uk. It gives you a print out to take to your GP for referral to an audiologist.



Coffee is good for a man's

virility. Two to three cups of Americano makes a man

42 per cent less likely to suffer erectile dysfunction, says the University of Texas.

New proof of the link between mental and physical health: researchers at the University of Edinburgh have found that treating people with anxiety can help to prevent the development of liver disease.

New on the shelves

Elexi HeartCare Multibene

(£24.95 for a month's supply) lowers blood pressure and cholesterol using flaxseed, blueberry powder. and a combination of plant sterols. potassium, calcium

and magnesium.

Heartcare

Symprove (£76.99 for a month's supply from nutricentre.com) is a probiotic trialled at King's College London and found to improve IBS within four weeks in 76 per cent of patients.



UnoCardio 1000 (£37.75 for 60 softgels from purefishoil.co.uk) offers the highest concentration of heart and brain healthy EPA and DHA

on the market.



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aiting for a medical procedure? There's 3.2 million Brits in the same boat. according to recent figures. And that's just the NHS patients. For those who go private, waiting times may be shorter – but the costs rack up with every single appointment. As for dental work, a survey by whatclinic.com looked at fees charged by 11,000 private dentists across Britain for treatments including root canal work and teeth whitening, and found that the cost varies by up to 347 per cent -

depending on postcode - with the average a belt-tightening £428 for a standard course of treatment. Only those on benefits, pregnant women and under-18s

are now eligible for free dental care, which may explain why 19 per cent of those surveyed delay treatment purely due to cost.

Perhaps it's not surprising so many of us, frustrated with the system, are looking abroad for treatment; hoping to cut down waiting times and reduce sky-high costs, while enjoying a break.

The practice has become so popular that agencies dedicated to organising medical travel including AllClear, Angeles and Travelers' Health now process thousands of patients a year. Travel operator

Dentist Ahroad estimates at least 70.000 - though a recent Office of National Statistics survey of **England and Wales alone suggests** the true number could be closer to 250,000. Of the 1,000 customers who used the medical travel company medigo.com in the first guarter of this year, 65 per cent were interested in dental surgery and were seeking treatment for a fraction of the price they'd have to pay at home: the UK has the most expensive dentistry charges in Europe, with the same highquality porcelain veneers costing

"Patients considerina dental work overseas should check a dentist's qualifications and whether or not they are insured if things go wrong"











facilities in Budapest are great," he adds. "The dentists are very well trained. Austrians and Germans have been nipping over the border for dentistry for years."

In Budapest, root canal work costs less than half of UK prices (from £120, as opposed to £250) but if things go wrong, it can end up costing a lot more. A survey by the British Dental Association (BDA) found 29 per cent of dentists have had to admit patients for botched dentistry or complications arising from work carried out abroad. Of these, 60 per

> cent of problems were due to poor quality treatment.

"Patients considering dental work overseas should check a dentist's qualifications and whether or not they

are insured if things go wrong as regulation is not always as strict as it is in the UK," says Dr John Milne of the BDA.

But it's not just dentistry that's drawing people to seek treatment in Europe and beyond. Numbers are increasing for surgery of all kinds, according to Keith Pollard.

"The main reasons for going abroad for treatment are that it is cheaper if it's something they'd have to pay for in the UK, or faster if the option is an NHS waiting list," says Keith. "Because of the low building and running costs in

£500 per tooth in the UK, but £150 in Hungary or Poland and just £100 in parts of Thailand.

"Treatment is much cheaper in Hungary and Poland because wages are lower and there is a smaller mark up on the equipment used, even with exactly the same brands used in the UK," says Keith Pollard, chief executive officer of treatmentabroad.com. a comparison and information site for medical tourism. "Hungary is the most popular place to have treatment for any dental work, followed by Cyprus and India. The

certain countries, private medical practitioners will train in the UK. then return home and charge far less for their services"

"We can arrange a lot of elective surgery procedures, such as hip replacements and cataract removals, and because the price is set by the French social security system, it's often one of the lowest in Europe," says Laurent Locke, director of "A visit to hospital can be stressful Surgery in France.

enough; but with the language barrier Many surgeons practising abroad are and all the paperwork that must be in registered with the place, it may not be the best experience" General Medical Council (GMC) or are US Board certified, and Keith Pollard has never come across a case of fraud — meanwhile. the tabloid horror stories of rat-infested hospitals and inadequate anaesthetics just don't happen, he promises.

It seems a discreet trip

abroad to be

'fixed' is no longer

the preserve of

cosmetic surgery

addicts. And it isn't only private patients who can benefit.

Since October 2013, patients from Britain have had the right to get treatment such as cataract surgery or a knee replacement anywhere in Europe — including a private hospital — and then to reclaim the cost from the NHS, provided the treatment is medically necessary. But they

price of your surgery abroad, check the small print — there is no quarantee that you will be covered and compensated in the event of something going wrong," says Paul McClorry, head of the Travel Litigation Department at legal firm Slater and Gordon.

So far, problems are few treatment abroad is a new NHS service, and fewer than 1,000

> patients took advantage of the scheme in its first 12 months - but the Patients' Association is also concerned about the growing trend.

"A visit to hospital

can be stressful enough; but with the language barrier and all the paperwork that must be in place, it may not be the best experience for patients," says chief executive Katherine Murphy. "There may also be some confusion around who would provide any follow-up care that patients may require." It's essential to take the surgeon's advice, she adds. If they ask you to remain within travelling distance of the hospital for a week or so, don't assume you'll be fine and fly home to recover.

Cosmetic surgery carries risks a Leeds University study found 16.5 per cent of cosmetic surgery holidays resulted in complications, with nine per cent of patients needing NHS care back home.

"There are good plastic surgeons all over the world," says Anthony







must get prior approval, and will

usually have to pay the hospital

reimbursement from the NHS.

abroad and then apply for







Armstrong, a consultant plastic surgeon and chair of BAPRAS (The British Association of Plastic, Reconstructive and Aesthetic Surgeons).

"Patients who seek cosmetic surgery overseas are often looking for a cheap deal. But standards and guidelines are not as strict everywhere." A total of 92 per cent of surgeons surveyed by the British Association of Aesthetic Plastic Surgeons (BAAPS) found they were most concerned with the lack of aftercare provided.

Despite the pitfalls, a survey by treatmentabroad.com found that nine out of ten patients would go abroad again for treatment, the same number would recommend the idea to friends and relatives, while 84 per cent would return to the same dentist, doctor or clinic.

Over 70 per cent said they had saved over £2,000 by travelling overseas, while 13 per cent had saved over £10,000 on treatment. Certain countries have developed expertise in certain areas. A knee replacement in Poland costs around £2,850, while a hip replacement in Hungary comes in at £3,645. The Czech Republic offers cataract surgery at £855, and in Spain, IVF is cheaper than in the UK, according to website treatmentabroad.com. And it's not just Europe — patients are also willing to travel to the Far East and India to save on healthcare.

George Marshall, 73, from Bradford, who suffered severe

What not to do

Avoid these treatment pitfalls abroad...

Don't rush your choice based solely on glossy brochures, websites or email correspondence.

Don't take promotional material, such as websites and brochures, at face value.

Don't choose a clinic you haven't been able to speak to.

Don't choose a clinic that you can't independently check with previous patients or with the relevant national regulators.

Don't choose a city or country based just on factors that make it a good holiday destination.

Don't get 'sold' a treatment or pressured into making a decision by short-term discounts.

Above all, don't go ahead with treatment unless you are 100 per cent happy with the clinic, surgeon and agreed treatment plan.

angina, was told by his GP that he could wait six months for an NHS heart bypass operation or pay £19,000 for the same operation at a private hospital in Britain.

Instead, he flew 5,000 miles to Bangalore's renowned Wockhardt Hospital, where surgeons removed part of the vein from his arm to repair the thinning arteries of his heart. "I would have no problem coming again," he said afterwards. It cost him only £4,800 — including his flights — and so far there have been no problems.

But while there are clearly huge savings to be made, and clinics booked through reputable organisations are unlikely to employ unqualified doctors, complications and reactions to treatment are highly unpredictable — if something goes wrong post operatively abroad, patients can find themselves opening a legal can of worms.

"Anyone who is British and having surgery in England or Wales has easy access to a fairly straightforward legal process, if something goes wrong," says Paul McClorry. "Through the English or Welsh legal system, if you win your case you will get compensation for the damages caused by your botched surgery — and you will also have your legal fees paid by the individual,

company or clinic that you are suing," Paul explains.

"But if your surgery takes place in another country you are unlikely to be able to use the English legal system. Instead of instructing

an English lawver, you will have to find one in the country where the surgery took place.

Taking the case through a foreign court is unlikely to be viable, he adds.

"Even if language and travel is no barrier, there is the important matter of cost. While in England a court will ask the defendant to pay your legal fees if they are found guilty, this is not the rule in most other countries. For example, in France, you could win damages of €10,000 - but it could cost you €50,000 in legal fees to do so!"

Clearly, it pays to invest in research before committing to a procedure outside the British

"The best clinics will be proud to offer access to inspection reports, as they have nothing to hide. If they're unable to share information, patients should move on"







legal system. Treatmentabroad.

tourism reviews and is searchable

by destination, clinic or procedure.

"The best clinics will be proud to

offer access to inspection reports,

as they have nothing to hide," says

com has a section of medical





Keith Pollard. "If they're unable to share such information, patients should move on to ones that will."

It's also vital to organise dedicated medical insurance a normal holiday policy will not be

valid. The best policies include medical complications cover. which will help out if treatments need to be remedied or corrected.

"The right kind of insurance is vital for

anyone considering surgery abroad - and it must be tailored to your personal needs," says Paul McClorry, "But even the best policy is unlikely to cover costs like loss of earnings if you are off work as a result of any complications. *

"Going abroad saved me £7,000"

Doug Stewart, 58, a kitchen fitter from Bedford, combined his life-changing dentistry with a beach holiday in Turkey

When I was 17 I fell out of a tree, landing flat on my face and smashing my front teeth. Since then, I'd had a bridge at the bottom and dentures at the top – but the lower teeth supporting the bridge weakened until they couldn't support it. About eight years ago, I lost another tooth after treatment for an abscess.

This left me with no lower teeth. My dentist suggested implants - but I was quoted £11,000! Instead, I went online, Googled 'dental treatment abroad' and found a whole list of impressive clinics. The one I chose was in Turkey – the Kusadasi Smile Centre. Not only

did it offer the best deal. but the dentist had qualified at the Sorbonne.

I spent ten days in Kusadasi in June 2009, with just three days in the clinic.

It would all have been straightforward except the dentist found I'd lost a lot of bone with the removal of a wisdom tooth years before, so (for no extra charge) he performed a bone graft.

It was a bit of a blip – but my new teeth made it all worthwhile. With accommodation and travel my trip totalled nearly £4,000, but it's the best money I've ever spent.





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"Anxiety can cast a shadow over my life"

Mandy Appleyard, 55 from York, has suffered anxiety for many years. She explains how she manages the symptoms

or as long as I can remember anxiety has been part of me. sometimes casting a shadow over my life, sometimes so well under control it seems to have gone away. It means I've had to take medication, it has robbed me of sleep. damaged my relationships and driven me to comfort eat.

Psychologically, it gnaws away, building worry seemingly out of nowhere. It has physical consequences too: shallow breathing and tension locked in my shoulders have led to problems with my back and neck, both of which have required physiotherapy.

Even as a child, I worried unduly: my sister remembers me fretting constantly about homework and spending a nature holiday when I was 12 slaving over books instead of having fun with other kids.

I never felt I was good enough to make the grade at school, so I worked extra hard to avoid falling behind. Being bullied in secondary school by a gang of nasty girls did nothing for my self-confidence nor my view of the world as a safe place, so by the time I left home for university in London at 18. I was a nail-biting worrier with a fretful outlook on life.

Perhaps it wasn't that surprising that I've never calmly taken life in my stride, since I come from a family where anxiety runs

rife - a close relative takes daily beta-blockers to deal with violent panic attacks. But I managed it for years, regarding anxiety as part of who

I was. If something was preying on my mind, I shared it rather than bottling it up. I made sure to get plenty of sleep and relied on Bach Flower Remedies for exams, new jobs, relationship break-ups and bereavements.

My late 30s were particularly anxious, I had two miscarriages,

split from my long-term partner and was diagnosed with Hepatitis C – all within a year.

I turned 40 in a state of higher anxiety than I'd ever known, and decided to seek help. I wasn't having full-blown panic attacks, but I slept badly, I was tense and I felt increasingly anti-social, preferring to be home alone and snapping at friends and

family without realising.

I started seeing a clinical psychologist once a week, and found our sessions life-changing. Just talking openly about my anxieties helped me

He referred me to a doctor who prescribed a low dose of an anti-depressant, Cipramil, which I found invaluable in subtly shifting my mood.

I started doing yoga on the psychologist's recommendation and found myself feeling calmer

Did you know?

Statistically, women are

more commonly afflicted

by anxiety disorders and

depression than men

after each session, and I read self-help books (a genre I had always scorned), which actually made a big difference to my life.

Slowly, these strategies helped me feel I was becoming stronger and building myself back up. rather than being pummelled into submission by whatever life decided to throw at me next. Over the course of a year, I began to feel less sour about other people's happiness and achievements and more optimistic about my future.

I became open-minded about trying ways to help myself, after years of being sceptical. I had hypnotherapy (it helped me stop smoking but not worrying), explored Buddhism and, as a result, became interested in meditation and mindfulness.

I have always found meditation challenging, but mindfulness is one of my best weapons against anxiety and I practise it often. To me, it means concentrating on whatever I'm doing in the moment, trying not to dwell on the past or anticipate the future.

I worked hard in my early 40s to try to heal some of the hurt I had been through, and the anxiety abated somewhat. It worsened when I moved back to the UK from America — I had to re-establish a life in this country, went through six months of treatment to clear the Hepatitis, and loved and lost in another significant relationship - but my doctor was willing to F prescribe Cipramil again, and

I returned to the therapy and self-help books for a top-up.

I have just been through the menopause and found my anxiety definitely spiked again, with my insomnia reaching an all-time high. This meant I was tired and sometimes fractious in the day. but I didn't panic — I know

increased anxiety can be part and parcel of the menopause. so I wasn't unduly alarmed.

Instead, I started taking naps when I needed them, cleaned up my diet and went back to yoga.

Anxiety can cast a shadow over my life, but I know it won't kill me and I have the strength to fight it.

the facts

FIVE WAYS TO TACKLE ANXIETY

Dr Michael Mantell. advanced behaviour coach and psychologist, says:

Catch, challenge and change any negative, limiting thoughts, especially 'shoulds, musts and oughts' the demands we make on ourselves to be perfect.



1 Eat well. Avoid fried food, high-glycaemic carbs, unrefined sugars, caffeinated drinks and alcohol. Eat wholegrain foods, dark leafy greens, blueberries, almonds, milk, bananas and peanut butter to help reduce anxiety.

De physically active. Aerobic exercise is good for your head, as well as your heart. It lifts you up and calms you down, easing depression and anxiety.

Get more restorative sleep. Just before bed, take a moment to do some deep breathing. Be sure you've had enough physical activity early in the day (not right before bedtime), take a warm bath, keep your bedroom dark and don't use digital devices for at least 30 minutes before bed.

Smile and laugh. The more you smile, the less anxious you'll feel. Hearty laughter relieves physical tension and stress and relaxes muscles.

The surgery



Dr Helen Crawley is a GP and mum of two. She's here every month to advise and explain on all aspects of health

Hot on the heels

I've had very painful feet for months, and my doctor has finally diagnosed me with plantar fasciitis. I am a teacher, and my job involves long periods of standing. Please can you advise on how to deal with this?

Plantar fasciitis causes pain under the heel. It is caused by inflammation of the band of tissue that connects the heel to the middle bones of the foot. It can be triggered by long periods standing or walking, or a new exercise regime. Being overweight can make the problem worse. Usually the problem slowly gets better by itself, although this can take months. Rest can help, as can well-cushioned shoes with support. If you have tried these remedies, your GP may suggest a steroid injection. Injections carry risks, including tendon rupture and you may need several injections. Other treatments include surgery, shock-wave therapy and wearing a splint overnight.

Gut feeling

My partner suffers from chronic fatigue syndrome. I've recently read about 'leaky gut' - where the immune system reacts to toxins that travel into the blood via the stomach. Could this be the cause?

The causes of chronic fatigue syndrome (CFS) are not really understood. Possibilities include viruses and bacterial infections, hormone imbalances and immune system problems. A leaky gut is a recognised condition — it can be caused by medication such as aspirin or ibuprofen, alcohol and conditions such as Type 1 diabetes, coeliac disease, inflammatory bowel disease and kidney problems. There is little evidence that a 'leaky gut' causes CFS or any other significant problems. It's possible your partner will recover from CFS, although there may be relapses. The National Institute for Health and Care Excellence has produced guidelines on effective treatments.

Spot of bother

I'm going through the menopause and I've developed acne on my chin. I thought those days were gone! I'm reluctant to take strong medication that might have side effects

- is there anything over the counter that can help?

This could be a skin condition called rosacea. If your skin is not greasy and vou don't have blackheads then rosacea is more likely, especially if you have noticed flushing. The treatment for rosacea is different from the treatment for acne so if you are not sure, see your doctor. If this is normal acne, you should avoid over-washing

vour skin. Antiseptic washes can help. To avoid blocking your pores, use water-based rather than oil moisturisers. Try benzoyl peroxide, which will kill the bacteria, reduce inflammation and helps to unblock your pores. Nicotinamide will also reduce inflammation, but like benzoyl peroxide can cause dry, red skin.

Ignore or explore?

Hair loss

Hair loss (alopecia) can be a very distressing problem. If you are worried, your GP can offer support and advice on any possible treatments.

Ignore

- Normally a hair falls out of its follicle when a new hair grows to replace it
- More hair may fall out in this way a few months after times of stress, hormonal change such as pregnancy, illness or poor nutrition
- Patterns of baldness that are usual for your age and sex

Explore

- Unusual hair thinning it can be related to problems such as thyroid disease or vitamin or iron deficiency
- Male pattern baldness if female
- Age-related hair thinning (if it distresses you)
- Patches of bald skin local steroid creams or injections may be available
- Bald patches with scarred skin
- Baldness from chemotherapy (if it distresses you)

Treatments with minoxidil (or finasteride for men) may help hair loss

Email Helen your health queries via dr@candis.co.uk*

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Health



When Sue Baker's son headed to university, it was supposed to be the start of an exciting new era. But she didn't anticipate the sense of loss...

he other mums and I had joked about our teenagers for years. "Not long till they leave home now..." we'd reassure each other whenever a new adolescent crisis blew up. But the difference was, I was the single mum of an only child; and Billy, 18, and I were incredibly close, despite the occasional row.

Of course, when he did well in his A levels and took up a place to study English at a university 200 miles away, I was thrilled for him. But I didn't let myself think about how it would feel when he left In the weeks leading up to his departure, I 'friended' him on Facebook – he agreed, on the basis that he hates talking on the

phone and it was an easy way to stay in touch. I also made frantic plans about how often he'd spend weekends at home, how many new friends he could bring back... "Mum," he said, finally, "I haven't even met them yet. Calm down."

But calming down meant facing up to him leaving. It wasn't the Ioneliness I dreaded — I had a busy freelance career as a designer, lots of friends, my sister nearby - it was losing my connection to Billy.

I obsessively read articles about student depression, suicide rates and binge-drinking... and as the date of his leaving grew nearer, I became increasingly anxious.

I drove Billy to his halls of residence, keeping up a stream

of bright chat, even though I could sense a dam of tears waiting to break. He was excited, making jokes and reassuring me he'd be "home loads" - but as I hugged him goodbye and returned to the car, I felt bereft.

My sister, whose three children had all left home, had advised me to keep busy, so though I cried bitterly when I got home at the sight of his closed bedroom door, I spent the week meeting up with friends, going to the pictures, and checking in with Billy daily on Facebook. His brief messages suggested he was having a great freshers' week, but I found myself becoming dependent on noting the last time he'd checked in - if he hadn't been on Facebook since the previous evening, I'd mentally re-run all the news stories I'd seen about drunken students falling in canals, getting beaten up or

alcohol poisoning and text him for reassurance — often waiting hours for a reply — as my anxiety built and Billy went about his business.

I'd assumed it would be tough at first, and then I'd gradually adjust. I had planned to learn Spanish, take up pottery and revamp the house. In fact, what I felt was grief. I missed our grumpy, quiet breakfasts, teatimes chatting about his school day and the tramp of his friends through the house. I even yearned for wet towels on the bed and the constant pile of stuff on the stairs.

It was clear he was loving his new life and had plenty of friends. But when he cancelled his first planned weekend home at the last minute – "Sorry, there's a massive night happening and they've asked me to DJ..." I couldn't help bursting into tears. Of course, I felt quilty and selfish - why couldn't I just accept that things had changed? Meanwhile, my friends' daughters seemed to be popping home almost every weekend for get-togethers. I felt as though Billy, the person I loved most, was on a far shore where I could no longer reach him.

After six weeks, I went to visit. It was wonderful to catch up, but after a couple of hours it was clear he was dying to get back to his friends. "I can stay longer if you want," he said, but that would have been no fun for either of us. Back home, the sadness continued. My constant need to check up on

him hadn't eased — one day his Facebook 'online' dot disappeared for 12 hours and I felt sick with worry. It transpired he'd left his phone at a friend's, but not before I'd left six panicky messages.

I only began to change my approach when I confessed my feelings to a friend. "Do you ever think what it was like for our parents?" she said. "They were lucky if they got a phone call once a fortnight." I'd spent a year in Europe, hitchhiking with a boyfriend — and I must have sent three letters in the entire year. "Physically, he's left, but

if you don't let go emotionally, you'll drive him away," she said. I knew she was right. I had to slacken my grip, or he wouldn't want to come back at all.

That was two years ago. Billy is about to start his final year — he comes home for the holidays and our relationship is as good as ever. But now, when it's time for him to go back, I make sure I've got plans for the upcoming weeks. And I remind myself I'm lucky to still have a relationship with Billy, and that he's a successful, happy adult. One who doesn't need his Mum clinging to his coat tails. **

When your child leaves home

Rebecca McCann, psychotherapist at calmbeginnings.co.uk advises on what to do when it happens to you...

- Let yourself cry! This is a huge transition period. You are losing a way of life and only time will truly make things easier.
- **Get involved.** Support them as they make choices but let them know you're there to provide support. Your child will be more inclined to keep you close if you abstain from interfering.
- Write a list of positives and negatives, focus on the positive and find a positive spin for every negative. For example, it's going to be super quiet while you adjust, so why not buy that relaxation CD and get into some mindfulness?
- The first few weeks will be tough. Start putting dates in the diary to keep your mind occupied as much as possible.
- Let them go you raised your children to fly the nest. Be proud of yourself and them for getting this far, and don't make them feel guilty for leaving.

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Store cupboard cures... Mustard

Adding a kick to everything from meat to dressings, mustard does more than heat up your food - it could also be helping your health...

Mustard is high in magnesium, which when eaten regularly, can help to ward off respiratory symptoms of asthma, colds and coughs.

The science bit

Mustard could play a part in fighting cancer, ACCORDING TO A STUDY BY THE ROSWELL PARK CANCER

INSTITUTE. Enzymes within mustard seeds break certain compounds into the isothiocyanates that give mustard its strong taste, AND SEEMINGLY, THESE **COULD STOP THE GROWTH OF CANCER CELLS IN THE**

GUT.

MUSTARD **BUILDS MUSCLE**

According to the American Societies for Experimental Biology journal, when the plant's steroids were eaten by rats they had a similar effect to anabolic steroids without the side effects.

MUSTARD SEEDS ARE PACKED WITH **SFI FNIIIM**

- a trace element that is also found in Brazil nuts, kidney, liver and fish — which may contribute to the cancer-fighting properties of the seed.

Max the benefits... In the old days. mustard baths were a well-known cure for sore feet. Revive the practice by making a small bundle of mustard seeds in muslin and soaking in a basin of hot water to soothe aches and pains. Their antiinflammatory properties should ease your tired toes.



BEAUTY NOTES

Beauty Editor JUSTINE BRENNAN is on hand to answer your questions and review the best new products

I've always used face wipes to remove my make-up, which has been fine in the past but recently my eyes are stinging and my skin is starting to flare up, too. What's the most gentle but effective removal method?

Make-up wipes have high alcohol content, which is incredibly drying and can cause irritation to sensitive skin. It's worth switching whether you're sensitive or not.

* Try a 100 per cent natural product like The Jojoba Company Natural Make-up **Remover.** Guaranteed not to cause redness, the fruit oils in this cleanser work as a natural AHA (alpha hydroxy acid) to effectively remove all traces of the most stubborn makeup. Using a jojoba-based

product will combat agitated skin too its anti-inflammatory qualities soothe, calm and hydrate, £19.99. Holland and Barrett.

* The latest beauty buzzword in make-up removal is micellar water containing microscopic oil spheres that dissolve



impurities. Plus there's no need to rinse. Bioderma **Sensibio H20**. £10.20. is without doubt one of the best micellar cleansers available for sensitive skin types. Available from amazon.co.uk.



NEW NAIL BRUSH

Every now and then, along comes an invention that you just can't believe hasn't been thought of before. The Bruzz nail brush is the most hygienic brush ever. With a three-way cleaning action this brilliant brush gives your nails and fingertips a once over from every direction in a single motion. A great gadget for gardeners! £9.99, Boots.



New and beautiful

Too Faced Love Flush Long-Lasting 16-hr Blush, £25. These heart-shaped blusher compacts are beautifully embossed and come in six colours to enhance any skin tone. Long wear, fade proof and smudge proof, they're a make-up bag must.

A moment on the lips...

Make-up giant Estée Lauder has launched two new products to ensure a perfect pout. **Pure Color Envy** Lip Volumizer, £23, is a colourless lip plumper - ideal if you want fuller lips. Wear this under one of 16 fabulous fruit-scented shades of their new Lip Potion – Estée Lauder **Pure Color Envy Liquid** Lip Potion, £25.

3 of the best... ENERGY-ENHANCING SHOWER GELS

Try a new shower gel that will put a spring in your step



Aroma Moments So Dynamic Shower Gel, £1.80, is packed with verbena and mandarin to awaken the senses.



Voyage Collection Fig Shower Gel, £6.50, is an Italian-inspired body wash that takes you on a virtual trip to Tuscany while you shower.



** SenSpa Clear The Mind Body Wash, £5.95 at Waitrose, contains antioxidant-rich Thai basil combined with peppermint and lemon to uplift and stimulate.

Anti-ageing must-have...



Protect & Perfect Intense Advanced Serum

Protect & Perfect caused a stir when it launched, with queues and waiting lists for the acclaimed anti-ageing range. Who'd have thought a few years on there'd be an improved version that experts hail to be 'the best anti-ageing serum ever'?

Proven to reduce lines with increasing benefits the more you use it, **Protect and Perfect**Intense Advanced Serum. 30ml. £24.95, works!

Whether it's a lastminute nail smudge or a blemish that just won't vanish, we've got tried-and-tested tricks to save you from every beauty crisis...

Deauty



I've just done my nails and now I've smudged one. Do I have to start again?

Solution: We've all had that sinking feeling as our freshly painted polish gets an accidental smudge. Act quickly - dip a cotton bud into nail varnish and gently smooth over the area or if you're out and about, lick your fingertip and apply gentle pressure to redistribute the colour. Blend in with a dab of the original colour, then paint over a fast-drying top coat.

Wv eyelids have tiny lines and are a bit crepey. Eyeshadow iust seems to make me look older

Solution: As with all fine-line issues the key is in hydration - the more dehydrated the area, the more fine lines and saggy skin show up. Firstly use a great eve cream — often evelids are overlooked when you moisturise. Try Liz Earle Daily Eve Repair, £16,75. Use an eyeshadow primer first so shadow glides

Soap & Glory It's About Prime Eveshadow Underbase, £8. Switch to a cream shadow rather than a drying powder — **Benefit Creaseless**

on effortlessly and doesn't sit in creases. Try

Cream Shadow, £15.50, gives eyelids a more youthful appearance.

UZ EARLE

DETO Triple Eye Care

10ml @ 0.3 fl. or



Try Seche Vite Dry Fast Top Coat, £9.





Solution: When eyebrows become paler we lose facial definition and can look older. But one simple step can knock years off in a flash — invest in a brow kit. Look for one with powder to enhance your brow shape and colour, a brush to comb them into shape and a wax to keep strays in check. The **No7 Beautiful Eyebrow Kit**, £12.95, has everything you need, including a highlighter to apply to the brow bone and define your newly shaped brows.



Solution: Give a primer a whirl — it helps foundation glide on smoothly and improves skin tone and texture too. Try **Rimmel Stay Matte Primer**, £5.99. Use a brush to apply the base, it makes for more accurate coverage — just apply where you need it most and blend. Never use concealer under foundation, otherwise you're simply blending away the concealer. Try **Bourjois Healthy Mix Concealer**, £7.99, and seal with a translucent powder to lock in place.

Nor MIME



My skin is so shiny, and looks oily no matter what I do

Avoid oil cleansers at all costs – a gentle, foaming version is best. Try

Simple Oil Balancing

Face Wash, £3.99.

Use an alcohol-based toner after your cleanser, which dries oil-prone zones – remember to only use this on areas that need it, as it'll dry

out healthy skin. We like **Origins Zero Oil**, £14. Switch to a moisturiser that concentrates on mattifying the skin — **Good Things Miracle Mattifier Moisturiser**, £7.99, balances oily areas. Finally, carry shine-control blotting papers in your handbag for a quick-fix solution — **Boots Skin Clear Oil**

Absorbing Sheets, £1.99.





fast fixes

Lipstick feathers into lines around my mouth

Solution: line your lips with a lip pencil – the waxes in the liner act as a barrier to stop the colour feathering. Begin at the centre and work to the outer corners. Try Laura Mercier Anti-Feathering Lip Liner, £18.50, Don't overload lips – use a lip stain to fill in then apply your main colour sparingly over the top. Long-lasting lip colours are less likely to bleed - try Clinique Long Last Soft Lipstick, £18 - and add gloss to the centre, not the outer corners.





I regularly wake up with puffy eyelids and dark circles

eyelids and dark circles

Solution: Lack of sleep, crying, smoking, caffeine and add up to puffy eyes. Dehydration and water retention make of the purpose o **Solution:** Lack of sleep, crying, smoking, caffeine and alcohol all add up to puffy eyes. Dehydration and water retention make dark circles more obvious too — so drink plenty of water, cut down on salt intake and get more sleep to reduce swelling. Resting cooled tea bags over eyes works too, as caffeine reduces swelling — cucumber has a similar effect. Try Dirty Works Cucumber Eye Pads, £4. A cooling eye gel works a treat too. Origins No Puffery Eye Mask, £24, offers immediate results. A light-reflecting concealer in a lighter shade than your skin tone



Catherine's kitchen

The low-down on juicing, cooking with mushrooms, plus the best supermarket buys from food editor CATHERINE HILL...

Generation juice

he world of juicing has come so far in recent years. And if you think you've heard it all before, think again...

The big name out there is the Nutribullet (£89). Instead of extracting the juice from fruit and veg, leaving a fibre-packed pulp behind, this little gadget blends everything so that you eniov every benefit your chosen ingredients have to offer. If you fancy a go, here are some great tips...

- * CHOOSE GOOD-QUALITY INGREDIENTS. Don't juice as a way of using up less-than-fresh ingredients. Think topquality, seasonal fruits and veg to optimise the health benefits.
- * DON'T JUICE WHAT YOU DON'T ENJOY EATING! If you're not keen on celery, no amount of mixing will hide its flavour.
- *** USE HIGH-SUGAR FRUITS SPARINGLY** or as part of a mix of yeg, otherwise you could end up consuming a lot of calories.
- * Try an apple with a good handful of spinach, a squeeze of lemon juice, mint, ginger and chilled water. Nutribullet £89



Three of

If fresh soup is your thing, here's three of the best for under £2.50

If it's comfort food you want, Tesco Finest Vine **Ripened Tomato and Lentil**

Soup is perfect. Thick, chunky and very filling – gorgeous with Parmesan, £2.40 for a 600g pot.

Fancy something different? Try Yorkshire Provender's Smoky Pulled Pork Soup with Campfire Beans. Rich, chunky

and wonderfully smokey. £2.49 for a 600g pot, Booths, Waitrose Nisa and Ocado.



And if you're after a lowfat treat, try Glorious!

SkinnyLicious Singapore Fling. Crushed tomatoes with coconut, rice. chilli and lemongrass heavenly, £2.20 for a 600g pot, Waitrose.



Kitchen insider

Instead of **peeling ginger** with a small
knife (and losing half
the ginger with the skin)
simply scrape the root with
a teaspoon. A minimal amount of
skin will come off, leaving you with
a perfectly peeled piece of ginger.

OFF THE SHELF

Making life that little bit easier...



M&S Asparagus, Pea and Spelt

Risotto is a vibrant, creamy risotto made with a blend of Arborio rice and spelt. Absolutely delicious! £3.50 for a 350g pack.







Slimming World's Beef

Quarter Pounders are delicious and 'syn-free' (otherwise known as low fat!). Great piled high in a bun with lots of salad. £3 for a 360g pack from Iceland.



Keep that summer

feeling with Pimm's Summer Crush frozen cocktail.

Freeze, squeeze and pop into a cocktail glass with a dash of fresh lime.

250ml from

all major

retailers.



Simple guide to...

Mushrooms

If you find yourself sticking to the usual button mushrooms, now's the time to try something new.

Chestnut Similar to white but with a slightly meatier texture and stronger flavour.



Fantastically meaty and best kept whole for roasting, stuffing or barbecuing.



Oyster These ear-shaped mushrooms are delicate in flavour and texture, so cook very briefly.
Best served with other mushrooms to them bulk out.

Shiitake Delicious in Asian stir-fries and broths. Fresh shiitake have a lovely firm texture, while dried shiitake have a stronger, deeper flavour.

Enoki Long, thin
white mushrooms that
grow in solid clusters.
Best cooked with other
mushrooms due to their
delicate texture and flavour.

Dried porcini Wild mushrooms with a fantastically rich, earthy flavour. Rehydrate before using, and use up any soaking liquid for even more flavour.

Alamy, Thinkstockphotos.com



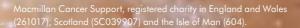
Share a slice of something nice at home or at work on Friday 25 September and raise some money to help people facing cancer. Get your fabulous free Macmillan Coffee Morning Kit.

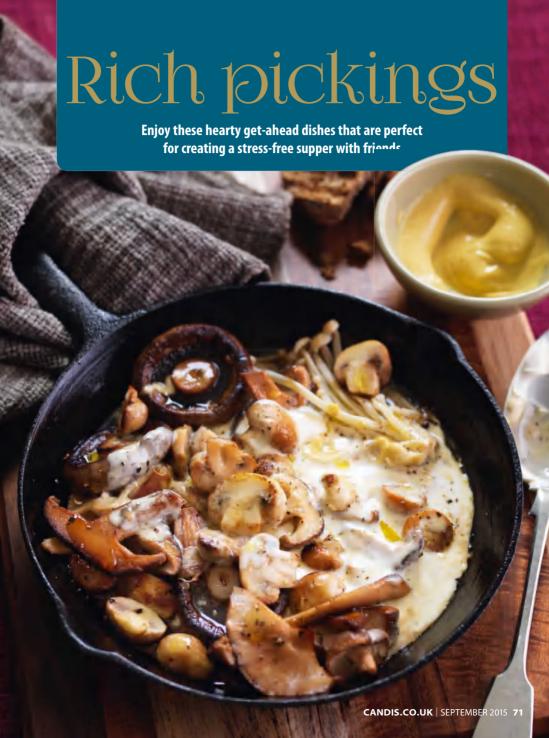
Text BETTER2 to 70550 or visit macmillan.org.uk/coffee











Mixed mushrooms on croutons

Rich, delicious and the perfect way to start the evening Ready in 20 minutes

- * 1 tbsp olive oil * 25g butter * 600g mixed mushrooms, cut into bite-size pieces * 2 garlic cloves, chopped
- * 2 tbsp Cognac * 100ml white wine * 100ml crème fraiche * 2 tsp Dijon mustard or to taste
- * 6 thick slices sourdough, griddled

1 Heat the oil and butter in a large non-stick pan, then add the mushrooms and garlic. Season and cook over a high heat for 5 minutes or until the moisture has cooked off and they have a little colour.

2 Add the Cognac, heat up and carefully ignite to cook off the alcohol. Add the white wine, bubble for 2 minutes until almost gone. Stir in the mustard, crème fraiche and parsley. Check the seasoning and serve over the griddled sourdough bread.

Slow-cooked pork and apple pot with thyme dumplings

An easy-to-make one-pot dish using the classic combination of pork and apple Ready in 3 hours

* 1kg diced pork shoulder * 30g plain flour * 3 tbsp groundnut oil * 300g shallots, halved if large * 3 sticks celery, thickly sliced * 3 carrots, halved and thickly sliced * 2 bay leaves

st 300ml dry cider st 2 Braeburn apples, roughly chopped st 150g kale, chopped

* For the dumplings: * 250g self-raising flour * 150g chilled butter, diced

st 2 tsp chopped fresh thyme st 2 tbsp chopped parsley st 1 tsp wholegrain mustard

1 Place the pork in a large bowl, season then sprinkle over the flour and combine until well coated. Heat a little oil in a large, heavy-based pan, add the pork and fry over a high heat until browned all over. Do this in several batches then set aside.

2 Add a little more oil and add the shallots, celery and carrots. Cook over a medium heat for 5 minutes until beginning to colour. Add the bay leaves

and cider, bring to the boil and simmer for 2 minutes before returning the pork to the pan.

3 Cover and gently simmer for 2 hours, stirring occasionally, adding a little extra liquid if you feel it needs it. Add the apples and cook for 10 minutes, add the kale and cook for 2 minutes.

4 Meanwhile, place the flour in a bowl, season and add the butter. Rub together until the mix resembles breadcrumbs.

then add the thyme,
parsley and mustard and
150ml water and mix in
with a blunt knife.
5 Add a little boiling water
to the pork mixture if there's
not enough liquid. Place golf
ball-sized spoonfuls of the
dumpling mixture on top of the
casserole, cover with a lid and
simmer for 20 minutes until
the dumplings are risen and
cooked through then serve.







- 1 Preheat the oven to 190°C/R5. Butter a 1-litre oval baking dish and set to one side. Place the dates and sugar in a pan, add 300ml of water. Bring to the boil and simmer for 10 minutes until the dates are soft. Allow to cool. 2 Place the dates mixture in a blender and whizz until smooth.
- then add the butter, vanilla extract and eggs and whizz again. Transfer to a mixing bowl and sift over the flour, cocoa, baking powder and bicarb. Fold in until thoroughly combined. 3 Pour into the prepared baking dish and level off the top. Bake for 40-45 minutes until just firm
- to test, insert a skewer into the centre, it should come out clean but with just a little mix on it. 4 Meanwhile, to make the toffee sauce, place all the ingredients in a pan, heat gently, stirring until the sugar has dissolved. Simmer for 3 minutes until bubbling then serve with cream.



LIGHT DONE RIGHT





When we wanted to make a lighter granola recipe, we went back to the field, not the lab. By using only natural ingredients and adding some wholegrain barley, we've reduced fat by 30%* in both flavours of our delicious new Lighter Granola. It's the lighter way done right.

Why not pick up a pack and try it for yourself?



Spice up your week with our easy evening meals. Simple to prepare and full of flavour... there's a dish for everyone!





Sea bass fillets with chorizo and rocket potatoes

Chorizo and fish is a perfect flavour combo! Ready in 20 minutes

* 600g Jersey Royal new potatoes, halved if large * 200g chorizo sausage, roughly chopped * 100g wild rocket * 8 sea bass fillets * 2 tsp olive oil * lemon wedges to serve

1 Cook the potatoes in a pan of water until tender, drain well and set to one side. Wipe out any water from the potato pan, reheat and add the chorizo. Fry for 2-3 minutes until just beginning to crisp up.
2 Return the potatoes to the pan, season with black pepper and heat through for 2 minutes. Add the rocket, stir through, cover and turn off the heat. Allow to stand while you cook the fish.

"This dish would work just as well with cod or haddock, just adjust the cooking time"

3 Place the fillets on a plate and blot dry. Drizzle with the oil and season on both sides. Heat two non-stick frying pans. Add the fillets, skin side down and press down with the back of a spatula. Cook for 2 minutes, turn and cook for 40 seconds. 4 To serve, divide the potato mixture between four plates and top each with two sea bass fillets. Place a wedge of lemon on the side and serve.



Rarebit baked jackets

A store-cupboard supper that's so simple to make Ready in 1 hour 10 minutes

* 4 baking potatoes * 2 tsp olive oil * 50g butter * 3 tsp English mustard * 1 tsp Worcestershire sauce * 5 tbsp dark beer * 3 egg volks * 1 tsp white wine vinegar * 1 tsp honey * 200g Cheddar, grated

1 Preheat the oven to 200°C/R6 Place the potatoes on a roasting tin, rub with the oil and season. Bake on a roasting tray for an hour or until perfectly tender. When cool enough, cut in half, scoop out the flesh and place in a large bowl.

2 Preheat the grill to high. Mash the potato with the butter and

then add the remaining ingredients, reserving a quarter of the cheese. Mash again until thoroughly incorporated. Spoon back into the skins. 3 Place the potatoes back in the roasting tin and grill for 5-10 minutes until golden and

risen. Serve with some home-made fruity coleslaw and a

spoonful of onion chutney.

"If you're not a veggie, add a few slices of thick-cut ham"



Quick chicken korma

A wonderfully rich creamy curry that'll knock the socks off any takeaway! Ready in 35 minutes

* 2 tbsp groundnut oil * 4 skinless chicken breasts, cubed * 1 onion, halved and sliced * 4 tbsp ready-made korma paste * 200ml chicken stock * 160ml can coconut cream * 50g ground almonds * 25g desiccated coconut, toasted * 6 tbsp chopped fresh coriander * 50g toasted almonds

1 Heat half the oil in a large heavy-based saucepan. Add the chicken and cook over a high heat until golden. Set to one side. Add the remaining oil to the pan with the sliced onion and cook over a medium heat until softened. Add the curry paste and cook for 2 minutes until fragrant.

"We've tried lots of korma pastes, but our favourite is Patak's for its rich taste - around £2 from most supermarkets"

2 Return the chicken to the pan, add the stock, bring to the boil and then simmer for 15 minutes until cooked through. Add the coconut cream, simmer for 2 minutes and then turn off the heat. Stir in the ground almonds then scatter with the coriander, desiccated coconut and toasted almonds. Serve with rice.













midweek meals



Spaghetti wi creamy pork and mushrooms

A tasty pork dish that's f economical too Ready in

* 350g spaghetti * 400g pork fillet * 3 tbsp mushrooms, sliced * 1 onion, thinly sliced * 1 * 150ml white wine * 6 tbsp crème fraîche *

1 Cook the spaghetti according to the pack instructions until al dente, drain and set to one side. Slice the pork into thin strips; heat 1 tbsp of the oil in a frying pan and cook over a high heat until browned. Set to one side.

2 Ac pan Cook over a nign near union browned and set aside 3 Heat the remaining oil in the pan and add the onion and garlic and cook for 5 minutes. Add

simmer for 2 minutes and then stir in the crème fraîche. Season to taste and then stir in the parsley. Serve in bowls over the spaghetti.

"Remove the steaks

"If you prefer not to cook with wine, simply replace with the same quantity of chicken stock"



Best-ever steak sandwich

The perfect way to start the weekend – great with chunky chips! Ready in 20 minutes

* 4 thin cut rib-eye steaks * 2 tsp olive oil * 8 tbsp mayonnaise * 1 tbsp Dijon mustard * 2 ciabatta, split and halved * 100g rocket * 2 tomatoes, sliced * 2-3 large gherkins, sliced * 6 tbsp red onion marmalade

from the fridge 20 minutes before cooking. They will be much easier to cook this way"

1 Place the steaks on a large plate, drizzle with the oil and season well. Set to one side. Combine the mayonnaise with the mustard and set aside. Toast th cut sides of the ciabatta and place on serving plates. 2 Preheat two large non-stick frying pans until searing hot. Add the steaks and cook for 2 minutes on each side or until cooked to taste. Allow to rest somewhere warm for a couple of minutes before slicing.

3 Spread the Dijon mayo on the bases of the toasted ciabatta and top each with some rocket, tomatoes

and gherkins. Place pieces of the sliced steak on top and spoon over the onion marmalade. Top with



hotos Terry Benson, Stockfood, istockphoto.com



For when you can't be there



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1 First mix all the tzatziki ingredients in a bowl. Season with salt, cover with cling film and chill until vou're ready to serve.

2 Put the spinach and 1 tablespoon of water into a saucepan over a low heat.

> Cover with a lid and cook gently for 5 minutes or until the leaves have wilted. Drain in a colander, pressing down on the spinach to squeeze out any excess liquid - this would make the fritters soggy, Roughly chop and tip into a mixing bowl. 3 Put the couraette into

a fine sieve and, using the back of a spoon, squeeze out as much liquid as you can. Add to the spinach along with the feta, cumin seeds, dill, chilli, eggs and flour. Season, mix well and divide the mixture into 16 equal portions. Using your hands, shape each portion into a fritter and set aside on a piece of non-stick baking parchment.

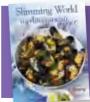
4 Spray a large non-stick frying pan with low-calorie cooking spray and place over a mediumhigh heat. Cook the fritters in batches for 2-3 minutes on each side or until golden and just cooked through.

5 Scatter the extra cucumber over the tzatziki, grind over a little black pepper and serve with the fritters and lemon wedges to squeeze over.



* low-calorie cooking spray * 1 large onion, thinly sliced * 1 fennel bulb, halved and sliced lengthways * 3 garlic cloves, thinly sliced * 2 tsp coriander seeds, crushed * 1 tsp dried mixed herbs * 1 bay leaf * zest of ½ an orange * 2 x 400g cans chopped tomatoes * 400g can cannellini or flageolet beans, drained and rinsed * 200g green beans, trimmed and halved * 2 courgettes, halved and sliced * salt and freshly ground black pepper * 4 thick skinless cod fillets, cut into large chunks * small handful of roughly chopped fresh parsley to garnish

1 Spray a large frying pan with low-calorie cooking spray and place over a medium heat. Add the onion and cook for 5 minutes or until softened. Add the fennel and cook for 10 minutes, stirring occasionally. Add the garlic, coriander seeds, mixed herbs, bay leaf and orange zest and cook for another 2 minutes. 2 Add the tomatoes and 750ml of water, bring to a simmer, then reduce the heat to medium-low and cook for 10 minutes, stirring occasionally. Add the beans and courgettes, return to a simmer and cook for 15-20 minutes or until the veg is tender. Season. 3 Add the cod, cover and simmer gently for 5 minutes. Remove the lid, stir and simmer for 2 minutes or until the fish is cooked but not breaking up. Scatter over parsley and serve with new potatoes.



Recipes taken from Slimming World Mediterranean Magic, which is available in all Slimming World groups now for £9.99. To find your nearest group visit slimmingworld.com or call 0844 897 8000.

Lamb tagine Serves 4

Ready in 1 hour 15 minutes

* low-calorie cooking spray * 1 onion, finely chopped * 1 tbsp ground cumin * 2 tsp ground cinnamon * 1 tsp turmeric * 2 tsp coriander * 1 tsp dried red chilli flakes * 500g lean lamb leg steaks, cut into bite-sized pieces * 400g can chopped tomatoes * 2 tbsp tomato purée * 2 tsp sweetener * 4 carrots, peeled and cut into chunks * 2 courgettes, halved lengthways and sliced * salt and freshly ground black pepper * small handful of chopped fresh coriander

1 Spray a non-stick casserole pan with low-calorie cooking spray and place over a high heat. Add the onion, spices and lamb and stir-fry for 5-6 minutes.

2 Add the tomatoes, tomato purée and sweetener and bring to the boil.

3 Reduce the heat to low then cover and simmer. for 35-40 minutes or until the meat is tender

4 Stir in the carrots and courgettes and cook for a further 15 minutes or until the vegetables are tender. Season to taste, scatter over the coriander and serve hot



Ready in 30 minutes

Beef köfte with sumac and yoghurt dressing

Serves 4

* 800g lean beef mince (5% fat or less) * 2onions, finely chopped

* 4 garlic cloves, crushed * large handful of finely chopped fresh parsley, plus roughly chopped parsley to garnish * 1 tbsp dried thyme * 2 tsp ground cumin * 2 tsp ground black pepper * 1 tbsp sumac (or use 1 tsp finely grated unwaxed lemon zest), plus extra to garnish * 2 eggs * low-calorie cooking spray * For the dressing:

* 300g fat free natural Greek yoghurt * 2 garlic cloves, crushed * salt * 1 tsp sumac or use ½ tsp finely grated unwaxed lemon zest

1 Preheat the oven to 200°C/R6.

2 Put the mince in a deep bowl and add the onions, garlic and parsley. Mix well. Add the dried herbs and spices, break in the eggs and knead the mixture with your fingers until it's very smooth. The more you knead, the better





the taste will be as the flavours will be worked into the meat 3 Divide the mixture into eight portions and shape each one into a sausage shape around a metal skewer (or use wooden skewers soaked in water for 20 minutes to stop them burning). 4 Arrange the skewers in a single layer in a roasting tin lined with non-stick baking parchment. Spray lightly with low-calorie cooking spray and roast for 15 minutes or until just cooked through. 5 Make the dressing by mixing the yoghurt and garlic. Season and

sprinkle the sumac over the top. 6 Arrange the köfte on a platter, scatter over the extra parsley and serve hot with the dressing,

rice and salad.

Stuffed aubergines with a creamy dip

Serves 4 Ready in 45 minutes * 2 large aubergines * 2 garlic cloves, chopped

* bunch of spring onions, finely chopped * 2 tsp ground cumin * 1 tsp ground coriander * 1 tsp

ground cinnamon * 1 red pepper, halved, deseeded and chopped * 2 ripe tomatoes, roughly chopped * salt and freshly ground black pepper * low-calorie cooking spray * For the dip: * 250g fat-free natural voghurt * small handful of chopped fresh mint, plus torn leaves to garnish

1 Preheat the oven to 220°C/R7. 2 Slice the aubergines in half lengthways and scoop out the flesh. Place the shells cut side up in a non-stick roasting tin. 3 Dice the aubergine flesh and put it in a bowl with the garlic, spring onions, spices, red pepper and tomatoes. Season and mix.

4 Spoon the mixture back into the aubergine shells, spray with low-calorie cooking spray and hake for around 25 minutes 5 Make the dip by mixing the voghurt and mint in a bowl and season. Scatter the extra mint over the aubergines and dip, and serve with salad and rice



OFFER Let's play

We've teamed up with John Adams to offer readers the chance to win one of two action-packed family games bundles worth over £80 each (johnadams.co.uk). The Greedy Sheep has a simple format: players take it in turns to feed grass to the sheep and he keeps eating and bleating until, finally, his woolly fleece flings off. Kids will love Elly Fountain - Elly can be

naughty and might squirt you with

water! For fast-paced action there's Classic Rummikub! The aim of the game is to be the first to shout "Rummikub" and in order to win players must place all their tiles from their rack on to the table. There's also Rummikub Junior for children



A younger looking you!

Creators of the boutique mother and baby skincare range, TEN, have turned their attention to anti-ageing. The new anti-ageing essentials range is scientifically formulated to help keep skin looking younger. We've teamed up with them to offer two skincare sets of four products worth over £128 each (cleverskincare. com). The sets include Anti-Age Revive Eye

Anti-Age Complete Rejuvenating Care Cream, Luminescence Skin Exfoliation Cream and Anti-Age Instant Lifting Face Cream. The TEN anti-ageing range fights the effects of photodamage, fatigue and lack of moisture It's also known to reduce the risk of any allergies.



We've fantastic prizes up for grabs this the ones you'd love to get your hands on

OFFER Warming 3 up

Keep your bathroom warm with an Essentials Curved Towel Radiator. The nights are drawing in and the weather's getting cooler, so ensure your bathroom is cosy with a heated towel rail (bathroomtakeaway, co.uk). The rail can be connected to your central heating system like a normal radiator or it can convert to dual fuel to



give you warm towels all year round! We've teamed up with bathroomtakeaway.co.uk to give away three towel radiators worth £50 each. Made from hardwearing steel with a durable chrome finish, the rails also have a ten-year 'fit and forget' guarantee.

Contour Cream,

OFFER Nailing it

To celebrate the launch of the new Express Yourself range we've teamed up with Galt Toys, to give away ten Express Yourself Nail Art Studio Kits worth £14.99 each. The new range of eight DIY kits is designed for 8-12 year olds with a passion for fashion, friends and

self-expression (galttovs.com). The Nail Art Studio is an exciting collection of eight different coloured nail varnishes and three nail pens to add detail and pattern, for perfectly polished nails! Follow the artistic nail designs provided or create bespoke nail art with stickers and pretty glitter varnish.



yourself

month for you, your home and family. Choose and follow the entry details below...

OFFER Be prepared with a 5 Big Family School Year Diary

Make this school year your most organised yet with a stylish Big Family School Year Diary from parenting stationery specialist Mum's Office (mumsoffice.co.uk). We've got 12 up for grabs worth £16.95 each, dated to coincide with the new school year (August 2015 to August 2016) and designed with parents in mind. There's enough

space for each family member's schedules and a range of colours to choose from. These diaries offer stylish planning for every family.

Enter online at candis.co.uk/giveaways, call 0844 545 7824 or fill out the form on page 145. Closing date 30 September 2015

Clever clothes

As a new season approaches, make sure you keep your summer clothes and accessories in tip-top condition with these vacuum storage bags from Neusu.com. Thanks to the Heavy Duty

110 Micron Vacuum Storage Bag material (80 per cent stronger than standard vacuum storage bags) and double zip, you'll be safe in the knowledge that your clothes will remain secure over the coming months (neusu.com). We've five sets worth £60 each to give away

to include one pack of ten vacuum storage bags and one pack of four Long EasyStore Hanging Vacuum Storage Bags, perfect for dresses and coats. Enter today to solve all your storage problems instantly!



Timeshare

"We own a timeshare with lower trading power"

"Our maintenance bills are too high"

"Our family are all grown up now"

"We want to travel to different parts of the world"

The readers of this magazine can receive a £50 voucher redeemable at over 120 high street stores including John Lewis, House of Fraser & Waterstones

TAKE A LOOK AT SOME OF OUR RECENT LISTINGS



Studio, Royal Savoy, Madeira 1 Bed, Hollywood Mirage Club, Tenerife 2 Bed, East Clare Golf Village, Ireland

- Floating weeks, fixed weeks, points & club memberships
- ✓ No sales commission or upfront sales fees

- 2 Bed, Hilton Sharm Dreams, Egypt
- 2 Bed, Marriott Vacation Club, France
- 3 Bed, Cameron House, Scotland
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Candis money columnist AMANDA BLINKHORN advises on how to spend and save your cash...

Payback time

Shop around for the highest interest rate current account and switch. Find out more at which.co.uk and follow the links to switching your account.

Clear your credit card debt by switching the balance to a zero per cent interest credit card.

If you are debt free and disciplined consider "stoozing". Apply for a zero-interest credit card and use it to pay for everything you would normally buy using cash or debits from your current account. At the same time stash all the money you would have spent from your current account into a high-interest savings account. Risk and repeat ntil just before the introductory zero-interest period ends,

ived, leaving you to enjoy the interest you have earned. et Martin Lewis take you rough the pitfalls at oneysavingexpert.com nd follow the links.

he banks are falling over themselves to pull in new customers at this time of year. Here are three ways to take advantage of the latest deals.

Let moneysupermarket.com help you find the best deals.

Stay up to date with Amanda's top tips at candis.co.uk/blogs

when you clear your credit card with the money you have Your roof rack or top box can add up to 25% to your car fuel bill

TAXING OUESTIONS

I'm going back to work now my youngest is two, but I'm self-employed and not sure if I can claim money for my childcare costs.

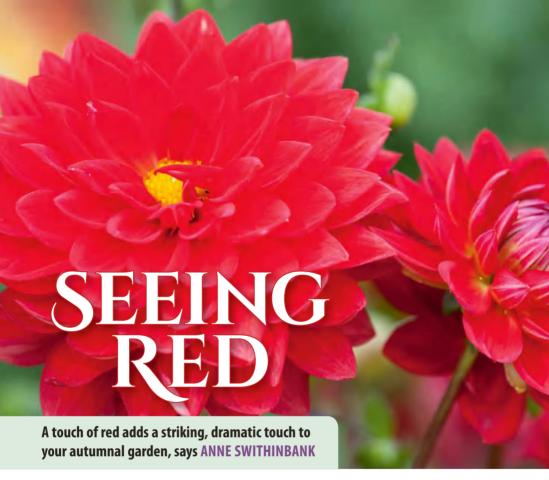
The Government is replacing childcare vouchers with Tax-Free Childcare this autumn. Both work on the principle that you get a tax break by paying for childcare, but Tax-Free Childcare enables selfemployed parents to benefit from it for the first time. Childcare vouchers might give some parents a better deal than of employ may fin sign up you still Find ou childca co.uk ar

hinkstockphotos.com

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Childca



old crimson, scarlet and vermilion flowers are not for the fainthearted and these red shades stand out from the crowd, stealing attention from more subtle blooms.

On the colour wheel, red finds its harmonising colours in nearby orange and yellow. Green lies opposite for a calm and complementary contrast, while purple and bluish pinks from off to the side will make colourful

clashes. My use and appreciation of red in the garden varies with the seasons and I have to admit, it is not my favourite colour for spring. Banks of red-flowered camellias and rhododendrons are a dramatic sight but can be overwhelming.

Many gardeners love the pinkish-red new shoots of pieris and photinia but I prefer to use these sparingly, though a tub of red tulips is always a splendid sight. When trees come into leaf,

a touch of red here and there from copper beech or *Acer* 'Crimson King' does a good job of breaking up a mass of green.

From May to June, striking red flowers such as peonies, pinks, astrantias and roses sprinkled through a border will create a jewellery-box effect among purple alliums and pink or yellow lupins. The trick here is to intersperse them with background foliage colours such as the rich emerald green

gorgeous gardens

THE BEST REDS

DIANTHUS 'LADY IN RED'

* The fragrant semi-double flowers of this pink stand out



against blue-grev foliage. Likes sun and well-drained soil Whetman Pinks 01626 863328. whetman pinks.com



PAEONIA OFFICINALIS 'RUBRA PLENA'

* The classic, double cottage garden peony flowers in May and looks great alongside the yellow flowers of phlomis. Kelways 01458 250521, kelways.co.uk

ASTRANTIA 'RUBY WEDDING'

* This herbaceous perennial loves a sunny position but needs a moist soil and plenty



of mulching to reach its full height of 30-90cm (1-3ft). Crocus 01344 578000.

crocus.co.uk

LOBELIA CARDINALIS

* The cardinal flower needs some cosseting because it loves moist soil in summer and dry

soil in winter, so is better lifted and over-wintered under glass. The repayment is stunning red flowers on plants 1m (3ft) high. Crocus as before



SALVIAX MICROPHYLLA 'HOT LIPS'

* In May, flowers are red and white, summer heat brings all white and all red flowers, then

bicolored blooms return in autumn on sun-loving. drought-tolerant plants reaching 1m (3ft). Said to be hardy but maybe not on heavy soils. Havloft Plants 01386 554440, hayloft-plants.co.uk



of dwarf pines or dark red of foliage perennials like Persicaria 'Red Dragon'.

Pots of scarlet-flowered geraniums are an easy way to give your garden more of a Mediterranean feel and they are tough and drought proof too.

During late summer and autumn, reds and other bonfire colours come into their own and look fantastic concentrated together. For the best show, they deserve a 'hot' bed or border all.

to themselves, though you could plan a display in a collection of containers. Select an array of red, yellow and orange-flowered plants, light the touch-paper and stand back.

Hardy perennials like monarda heleniums and orange-red Crocosmia 'Lucifer' stay put in the border, with gaps to add in tender perennials with great staving power like dahlia, canna and Mexican sunflower Tithonia 'Torch'. Team these with yellow

rudbeckias, achilleas and grasses and you'll get the look.

There is something about the quality of early-evening autumn light that catches these glowing colours and doubles their beauty. Strung with cobwebs and beaded with dew, they look good on misty mornings too. Their brightness is tinged with sadness as eventually frost will stop the show, but don't miss out on squeezing the last drop of colour from your garden.



September GARDEN

Apples are ripening, there's plenty of runner beans and vase-fuls of flowers for the house. It's also a great time to plant as the soil is still warm

SOW NOW



lightly, crop with scissors when 8-10cm (3-4in) high and they'll grow again.

* Start new lawns or mend bare patches by sowing grass seed when soil is moist. Prepare by forking, treading and raking until the surface is smooth and won't sink. Rake in after sowing.

PLANT NOW

* Look out for healthy plants of spring cabbage and set them 30cm (12in) apart each way. Water in and cover with mesh to keep cabbage white butterflies out.



* Spring flowering bulbs such as daffodils, hyacinths, crocus and crown imperials.

Also alliums or flowering onions for rounded heads of purple flowers next May and June.

* Take cuttings of roses, choosing 15-25cm (6-10in) lengths of this year's stems. Trim below a leaf at the base and above at the top and insert into soil or a pot of gritty compost.



SMALL TREE OF THE MONTH PLUM 'MARJORIE'S SEEDLING'

Large, purple-blue fruits with delicious yellow flesh ripen in September. This reliable plum is self-fertile and doesn't need a partner. For tiny gardens, buy trees grafted on to a dwarfing rootstock but if you have the space, St Julien A will give you a healthy, vigorous tree to 3.5m (12ft) high.

Marianne Majerus/Garden Exposures, Alamy, Garden World Images, istockphotos.com, GAP Photos

HOUSEPLANT OF THE MONTH

Davallia mariesii



The Japanese squirrel's foot fern is full of character and grows well indoors given medium light and kept well away from dry heat. It thrives equally well in a frost-free porch, greenhouse or conservatory. Similar hare's foot and rabbit's foot ferns need slightly warmer conditions. Their curious names derive from the hairy, creeping rhizomes from which dainty fronds grow. They are easy to propagate from lengths of rhizome and you'll often find them in the hanging basket section of nurseries. I grow mine in a wide clay pan.



GROW SOMETHING DIFFERENT OYSTER MUSHROOMS

Waste paper and coffee grounds are ideal for growing edible oyster mushrooms. The spores or grains plus instructions are available from Ann Miller's Speciality Mushrooms (annforfungi.co.uk, 01467 671315) and you can order kits of recycled coffee grounds impregnated with the mushroom spores from the not-for-profit enterprise GroCycle, delivered in a neat box for £16.50 including postage (grocycle.com).

SLOW-WORM

Though they look like golden snakes, slow worms are classed as lizards and reach 30-40cm (12-16in) long. They like undisturbed places like compost heaps and long grass, where they hunt for invertebrates and



love to sunbathe. This month, they're stocking up with food for their winter rest, as they'll hibernate from October to March. In the countryside their habitats are under threat so gardens (as long as there are no cats, which prey on them) make ideal homes.

Have a Malteser...



This small Mediterranean island punches far above its weight when it comes to history, culture, food and fun. TRACEY POCOCK enjoys a break in Malta...

alta is at the very heart of the Mediterranean. South of Sicily and north of Africa, it combines the best of Italian and Mediterranean culture, blended by 7,000 years of history. It can be searing hot in summer — but in October, flowers still bloom, beach season continues and it's warm enough to enjoy

a terrace sundowner overlooking the placid sweep of the island's wide bays.

The archipelago is made up of three islands

– Malta, the cultural and commercial centre,
Gozo and Comino. Gozo is small, charming
and rural, fuelled by fishing, traditional
crafts and tourism, while tiny, unspoilt
Comino has just one hotel.

travel inspiration

Where to go...

Malta's capital, Valletta, known as "The Fortress City" is an unsung gem. It's a small, beautiful place, built from local golden brick in the different architectural styles of each conqueror that passed through from the Romans onwards. There's a grand relic from every part of Malta's complicated and interesting history.

The main area is Republic Street, which runs in a straight line through the centre, and offers fabulous shopping opportunities from both glossy boutiques and the cheaper little shops that line the picturesque lanes off the main drag.

The shopping avenues and lovely squares lead on to narrow streets that offer much-needed shade at the height of summer. Here you can find friendly little bars with just a scattering of tables. Take a seat and look out over the water, or head to Caffe Cordina to eat Malta's traditional snack. pastizza – little pastries filled with local cheese or peas. You can't get lost in this small friendly city, as everything heads down to the waterfront. Take the lift down to the harbour and walk along the walls for a grand view of the bay.

DON'T MISS

St John's Co-Cathedral and Cathedral Museum. Valletta This splendid church in Valletta was built between 1573 and 1577 during the reign of Grand Master Jean de la Cassière.



Day trip to Gozo Malta's little-sister island is famed for its relaxing pace of life. Take the 25-minute ferry ride for €4.65 return, Once in Gozo, take the hop-on, hop-off sightseeing bus to visit the Azure Window – a natural limestone arch – Victoria. Gozo's charming capital, and the seaside resort of Marsalforn for a great day trip bursting with history and culture.

Hal Saflieni Hypogeum, Paola This

World Heritage Site is a vast underground structure dating back to around 2500BC and was used as a burial chamber in prehistoric times. Visitors can explore the complex laborate interconnecting chambers with domed vaulting. Open daily, admission €30.



Casa Rocca Piccola, Valletta Take a peek into the customs and traditions of the Maltese nobility over the last 400 years at Casa Rocca Piccola. Although it remains a family home, over 50 rooms are open for public viewing at this stunning residence. Located at Republic Street, Valletta, the house is open daily from 10am to 4pm. Admission €9 for adults.

Mdina Take a carriage-ride (karozzin) for €30 and explore "The Silent City" – one of the most enchanting places on the island. See its mix of medieval. and baroque architecture and narrow streets flanked with great places to eat.





Food and drink

Traditional Maltese food is influenced by the different cultures around the Med. relying heavily on seasonal availability. Rabbit is used for many dishes - but if you can't face it, there's fish, plenty of goats' cheese delicacies, and Bigilla, a tasty pâté made from broad beans and garlic. Maltese wine is increasingly popular and many wineries hold guided tours for visitors.





Take a cruise

Lovers of the sea will enjoy cruising around the islands in the warm autumn sun — a wonderful way to spend an afternoon. Take a harbour cruise around Valletta, to see the full fortress constructed by the Knights, with a spectacular view from the water. Or take the longer Island Cruise to see Malta from the sea in its entirety. Swim in the Blue Lagoon, off Comino, or relax on deck with a glass of wine as the beautiful scenery drifts by.





Culture

Lovers of art and architecture will find a spiritual home in Malta – from the 16th century "Grandmaster's Palace" to the St James Centre for Creativity. Don't miss the National Museum of Fine Arts, in a glorious rococo building, with its collection of art from

the Renaissance to present day. Music lovers will enjoy Malta's regular festivals, Gozo's two opera houses and Valletta's impressive Manoel Theatre. Perhaps it's no wonder that Valletta is a European Art City, a World Heritage City and in 2018 will become European Capital of Culture.





WHERE TO STAY

Phoenicia Hotel, Valletta

The Phoenicia Hotel was built in 1939 and occupies one of best spots in Valletta, with views of the town and harbour. The whole hotel has a touch of pre-war sophistication — service is discreet but efficient, the décor quietly glamorous and there's plenty of peaceful, shady areas to escape the crowds. Full of regulars who have been coming for years, the hotel also has a delightful, Poirot-style bar and a restaurant serving delicious seasonal food. The hotel is closing over the winter, to add a new spa, rooftop suites and an infinity pool, and reopens in March 2016.

Rooms start from just £55 per person sharing per night. To book call 0800 862 0025 or visit phoeniciamalta.com.

FACTFILE

TIME DIFFERENCE: GMT+1

CLIMATE: Temperatures range from 18°C to 31°C, with hot summers and mild winters. Autumn and spring are the best times to visit.

VISA: Not required
GETTING AROUND:
Buses are regular and
easy to use — it's just
€1.50 for a day pass.
Malta drives on the
same side as the UK,
a bonus if you're
thinking of hiring a car.

from most UK airports.
Ryanair from Liverpool,
Glasgow, Edinburgh,
Bristol, Birmingham,
Leeds, Gatwick an
Bournemouth. easyJet
from Gatwick and
Manchester.

Air Malta from Gatwick and Manchester. British Airways from Gatwick from £57 each way.

Alamy, istockphoto.com, Robert Harding



Join us this Christmas for some festive fun on our most popular break

ow and again it's wonderful to escape from the commercial madness of the Christmas build-up. Our short break offers the opportunity to pause and reflect, enjoying the beautiful voices of the Bach Choir, accompanied by the Royal Philharmonic Orchestra, as together they lift the roof of the Royal Albert Hall with their programme of festive music. Join renowned composer and conductor John Rutter, as he conducts a magical selection of the very best Christmas carols, choral pieces and orchestral works.

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drinks and early evening meal. After dinner, board our private coach

Monday 7 December, £119 per person



for transfer to the Royal Albert Hall in Kensington, for the performance of "Christmas Celebration". Your seat in the Circle is included in the holiday price. Afterwards, return to the Holiday Inn by coach. **DAY TWO:** There's no need to rush this morning since your included breakfast is served in the restaurant until 10.30am. Alternatively, head off independently to make a weekend of it and visit one of the nearby attractions before making for home.

INCLUDED:

- One night's stay at the Holiday Inn Shepperton
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- Coach transfer to and from the Royal Albert Hall
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BIG GIVE 2015

andis

OVER £543/4 MILLION TO HEALTH **CHARITIES** SINCE



eptember is Childhood Cancer Awareness Month, when many of The Candis Big Give charities will be working hard to raise awareness of the impact of childhood cancer. Here's a reminder of some of the projects The Candis Big Give is helping:

- Christopher's Smile raised £13,407, which will help to extend the tenure of a key researcher in early paediatric clinical trials.
- The £8.077 raised by Josie's Dragonfly Trust will provide £500 to young people with cancer to allow them to create special memories.
- The £42,976 raised by Haven House Children's Hospice will help to employ care staff to provide medical care to life-limited young people.

Read on to find out how The Candis Big Give is helping Ambitious about Autism and Dorset Blind

Association. See you next month!

Hannah



How BUYING A SUBSCRIPTION helps...

In 2015, Candis Club will donate a minimum of £250,000 from members' magazine subscription revenue, via Gift Aid, to The Charities Aid Foundation, £250,000 has already been passed to health charities taking part in The Candis Big Give. Any additional monies will go to charities at the discretion of the General Committee of Candis Club.



Find out even more about The **Candis Big Give by** logging on to candis. co.uk/charity.

This month, we have an update from The Rock Foundation. The £18,593 raised in The Big Give will help them employ a support worker and tutor to provide opportunities for young people and adults with learning disabilities and other disadvantages.

Only members of Candis Club can subscribe to Candis All charities, projects and figures correct at time of going to press, go to candis couls/charity for latest updates

CANDIS CLUB'S MISSION

66 The mission of Candis Club is to bring people together, to promote healthy living, community and family life and to support and advance the cause of health charities. 99

DONATIONS TO DATE

We never forget it's YOUR subscriptions that enable Candis Club to give huge amounts to charities. Our running total

shows how much £31,620,386 to the Cancer and Polio

Research Fund (1962 to 2002) £4.429.597 to the National Asthma Campaign (1990 to 2002)

£5,500,979 to Marie Curie Cancer Care (1998 to 2012)

£3,304,767 to Macmillan Cancer Support (1993 to 2013)

£3,309,982 to Bliss, the special care baby charity (1990 to 2009)

£2,190,977 to Liverpool University's Cancer Tissue Bank Research Centre (1989 to 1993)

£1,549,998 to the British Heart Foundation (2002 to 2008)

£829,053 to local groups via the Charities Aid Foundation (CAF) (1990 to 2009)

£220,000 to ICAN (1989)

£246,876 to Tommy's, the baby charity (2006 to 2009)

£303,774 to Children's Hospices UK (2008 to 2010)

£1,250,000 to charities in The Candis Big Give

TOTAL TO DATE £54,841,388

Make a difference

We've highlighted some of the big names taking part in The Candis Big Give. For a full list of all the charities and the life-changing projects they're raising money for visit candis.co.uk/charity

Arts 4 Dementia

What they do: Offer people with dementia a chance to take part in arts events, increasing their quality of life and helping relieve stress and anxiety. Candis Big Give project: Provide 12 arts workshops for 200 people in early stages of dementia. This can stimulate the creative part of the brain, which can remain unaffected for years.

Location: London Total raised: £4,225

Carers Lewisham

What they do: Provide information and support to unpaid carers. Candis Big Give project: To fund coffee mornings for carers, allowing them to connect to people in a similar situation. The money raised will go towards workshops, which will be offered at coffee mornings, recruiting volunteers, transport costs and respite workers to give carers a break.

Location: Lewisham Total raised: £6,850

ME Association:

What they do: Provide support to adults and children in the UK with ME. Candis Big Give project: To fund research by the UK ME/CFS Biobank; a resource that allows collaborators worldwide to conduct research into a poorly understood disease. **Location:** National

Total raised: £35,936

SeeAbility (formerly The **Royal School for the Blind)**

What they do: Enrich the lives of people living with sight loss and multiple disabilities.

Candis Big Give project: Providing 1.600 hours of one-to-one specialist support and therapies for blind and visually impaired young people and adults with multiple disabilities.

Location: National Total raised: £44.875

St Peter & St James Hospice & Continuing Care Centre

What they do: Provide palliative care to people with cancer and other life-limiting conditions.

Candis Big Give project: Helping people with life-limiting illnesses to fulfil their wish for end-of-life care at home by supporting families and funding nursing care to patients.

Location: Sussex Total raised: £55,684

Wigan & Leigh Hospice

What they do: Provide palliative care to people with life-limiting illnesses and support to their loved ones.

Candis Big Give project: To enhance the hospice in-patient unit through redecoration, better lighting and improved visitor facilities and signage.

Location: Wigan Total raised: £33,598



Angie Flake, 54 from Dorset, explains how **Dorset Blind Association** is helping her get the most out of life



eing a bridesmaid and watching her big sister get married was a memorable moment for nine-year-old Angie Flake. But 45 years later, it's an occasion that sticks in her mind for another reason. "I remember waking up and realising I couldn't see properly in my right eye," she recalls. "I didn't want to spoil the day, so I kept it to myself."

Angie had experienced extreme short-sightedness from a young age, attending appointments at the eye hospital from 18 months old. Her father and sister also experienced short-sightedness, which the family put down to bad luck. Then, at nine years old, she was diagnosed with a detached retina in her right eye.

"A few months after the wedding, my mum was shocked when the doctor told her I couldn't see in one eye. By then, unfortunately, there was nothing they could do, so I just had to manage as best as I could."

However, when Angie was 13 years old, she suffered a detached retina in her remaining eve. "I was very worried and didn't want to be left blind, so we headed to the hospital straight away. Fortunately, they were able to save some of my eyesight with an operation, although the eye was left very weak."

Over the years, Angie's eyesight declined with age and she also developed glaucoma, a condition more likely to develop in those who are short-sighted, usually due to a build-up of pressure within the eye. "I have found it difficult to find employment and, because my eyesight was so poor, couldn't learn how to drive. I have also really struggled to stay

independent, as it is difficult to get around. which is the hardest thing for me."

Both Angie's sons also inherited her short-sightedness and, in 2000, when her grandson went to have his eyes checked, a doctor suggested her family may have Stickler syndrome, which is a group of hereditary conditions affecting connective tissue throughout the body that can lead to eye abnormalities, hearing loss and joint problems.

"The doctor suggested our family's eyesight problems could be a symptom of this and had us all tested, which confirmed the diagnosis," Angie explains, "I'd never heard of it, but it explained why I developed arthritis at just 40 years old, which is another common symptom."

In 2009, Angie developed further problems with her vision when she had surgery to remove cataracts. "I now have what they call useful vision in my left eye, but it's guite distorted. I have lots of blind spots and don't have close-up vision — I can basically only see up in the left corner of my eye.

"Unfortunately, the doctors are also struggling to keep the pressure down from my glaucoma. If they can't I will lose my sight entirely. My specialist said a couple of years ago I would be lucky if I had any sight left in five years, so I want to get out and make the most of the vision I have while I can."

In 2009, while looking for new things to get involved with in the area, Angie came across Dorset Blind Association. She now plays visually impaired tennis and takes part in acoustic shooting, where participants shoot at targets guided by noise.

"I've found I'm quite competitive and it is my ambition to go into national competitions next."

Angie also meets up with members to chat once a month. "My friends are my biggest support and I've made guite a few through the charity. Finding Dorset Blind Association has been amazing – they have widened my social circle and goc.... things, which has helped me get more out of life." have widened my social circle and got me to try new

Dorset Blind Association

Dorset Blind **Association provides** practical and emotional support, tailored to the individual, for anybody who wants it, as long as



it is needed, to enable people with sight and/or hearing loss to lead full, independent and socially active lives.

- Over 30,000 people in Dorset have severe sight loss.
- The charity helps 1,000 people every month, powered by over 400 volunteers.
- It needs to fundraise £380,000 per year to pay for 100 per cent of its services.
- 90p of every £1 raised goes directly to helping people.

The £19,029 raised by Dorset Blind Association in The Candis Big Give will cover the running costs of 25 social and activity clubs - including dance, sport, craft and audio book clubs - for people with sight loss in Dorset, to help reduce their feelings of isolation.



Alison Reade, 56 from London, explains how **Ambitious about Autism** helps her autistic sons



ingle mum Alison Reade has two autistic sons - Cian, 25, and Conor, 20, but their symptoms are very different. "Whereas Cian never stops talking, Conor has almost no words at all."

Alison realised her elder son Cian had behavioural issues when he was three. "His nursery teachers told me he was very disruptive and wouldn't look anyone straight in the eye. "When he was five he was diagnosed with autism. "It was a relief to have a diagnosis, but I was really worried for Cian's future."

The psychologist suggested moving Cian to a local autism-specific school. "We had misgivings at first, but we knew it was for the best and he settled well." By this time, Alison was pregnant with her second son, and began to worry about him. "I remember

speaking to one of the mums at school who had two boys with autism, which concerned me.

"However, when Conor was a baby, he seemed to develop as expected. He reached his milestones and started to talk. He'd stand at the door and say 'outside' and blow kisses at people to say goodbye."

However, by the time he was 18 months old, Alison noticed Conor was starting to lose his words and become withdrawn, and by the age of two he was completely non-verbal. "Luckily, as the brother of a child with autism, he was attending a nursery that catered to children with special needs, but I was devastated to be told he had autism as well."

Conor was unable to attend the same primary school as Cian, due to his complex needs, but was enrolled in a local school for children with severe learning disabilities, where he thrived.

However, when Conor turned 11, he moved up to secondary school and struggled to adjust. "He started to regress. He wasn't communicating and his behaviour became unpredictable.

"He would bang his head against the floor and lash out at others, hitting and kicking people and biting me on the face. For a while, I was scared and considered sending him to a residential school as it was so upsetting for us all."

In 2008, Conor's dad began learning about Applied Behaviour Analysis (ABA) — a technique that has been shown to bring about change in the behaviour of autistic children — and came across Ambitious about Autism's TreeHouse School, which uses ABA to educate its pupils. "We immediately applied and Conor was offered a place.

"Having the tools to communicate and being around such supportive and knowledgeable staff helped reduce his anger, and I can now give him a cuddle without fear that he's going to lash out."

Last September, Conor moved on to the charity's Ambitious College, which caters for students aged 16-25. "He does lots of activities, including swimming and photography, and they got him some work experience at a local shop too."

Cian has also been involved with the work of Ambitious about Autism, serving as a youth patron for the charity. "They've had him talking about autism in Parliament, and he helped with the National Theatre's research for *The Curious Incident of the Doa in the Night-Time* in 2012.

Cian is keen to get more involved with theatre, and is about to embark on a tour to perform his one-man play about his experiences of autism.

"I still worry about Conor's future — unlike Cian, he is unlikely to ever live independently — but his progress has been great," says Alison. "Ambitious about Autism helps improve prospects of those with autism on all levels, which is amazing for families like ours."

Ambitious about Autism

- Ambitious about Autism was founded as TreeHouse in 1997.
- It runs two schools and Talk about Autism – the UK's largest online autism community.



- 1 in 100 children in the UK have autism.
- 70 per cent of these children are educated in mainstream schools.
- 60 per cent of teachers don't feel trained to teach children with autism.
- Primary-school pupils with special needs are twice as likely to be bullied.
- To find out more call 020 8815 5444 or visit ambitiousaboutautism.org.uk.

Candis

The £7,517 Ambitious about Autism raised will improve the lives of those with autism by campaigning for change and funding a special-needs school that educates more than 80 young people, an Information Service, online community and Ambitious College.

Tom Phillips is Nora's nemesis, embodying everything she hates with his community-destroying supermarket. But he has a plan to win her over... An exclusive short story by ROWAN COLEMAN

utting a basket on the counter, Agnes smiled. "Thank you Nora, you're a treasure." "Oh, I don't know about that." Nora shook her head as she loaded it with veg. "You're the one who started up the Veggie Bank – what would I do without you? Get rickets, that's what."

Nora suspected that that was unlikely, because although Agnes was on the far side of 80, she seemed to have the constitution of a horse. Every day, Nora would see Agnes charging past her greengrocers - Kale and Hearty - looking like a woman on a mission, her trolley rattling along behind at a thunderous pace. Nora was 42, and when she grew up she wanted to be just like Agnes.

"Giving away your fruit and veg to those in need?" Agnes said. "That makes you an angel in my book."

"Well, it's not just mine..." It pained Nora greatly that she wouldn't be able to run her Veggie Bank scheme without the support of BestBuy Supermarket, a huge hypermarket on the other side of the flyover that was sucking the heart right out of the town. But that wasn't the point, Nora reminded herself. The manager of BestBuy – Tom Phillips – had agreed to give her all of their near sell-by date organic produce on a Thursday morning and she distributed it, with as much of her own as she was able to afford, to those in the community who otherwise would have to live on tinned and frozen foods.

"And anyway, anyone would do the same."



"But anyone didn't, did they?" Meg, a bright young mum with three jobs and two small children, said as she moved to the front of the queue. "You did."

"Oh, I've got some of those nice baby carrots that your little ones like," Nora filled a brown paper bag for Mea, "fresh from the field!"

Veggie Bank had been going for three years now, two hours a week, every Thursday lunchtime. It started out pretty small, with hardly any takers, but then word got round, and for about a year it was a struggle to find enough produce for everyone who wanted it. Nora didn't want to introduce the indignity of a vetting system and while she was in no doubt there were at least a few people who were benefiting from a scheme they didn't need, she was also sure that they would soon stop bothering. Even people who like free stuff don't enjoy vegetables that much.

These days it was mostly pensioners who Nora would see forming a gueue that wound its way out of the shop, and a few young families. It was her good deed. It was her way of balancing out all the bad

karma that was coming her way for thinking such very dark and frequently murderous thoughts about her ex-boyfriend, Keith, the man who had taken up the last few years of her 30s and then betrayed her. Every time she gave away an aubergine, she allowed herself to imagine pushing him under a bus one more time and the universe remained in balance.

And Nora wasn't troubled that Kale and Hearty's busiest day of the week was the day she gave her stock away for free, because she was lucky, even in the face of BestBuy's market dominance. She had her core clientele that meant that, while she would never be rich, she had a decent income and a roof, in the form of the tiny flat that came with the premises, over her head. That was more than some

Nora didn't look up as the doorbell jingled, not until she sensed someone hovering. Looking up she saw her nemesis, Tom Phillips. She barely recognised him from his picture on the company's website, although, as she usually imagined him looking like Darth Vader, that wasn't particularly surprising.

"We're closed," she said.

"But..." he looked around at the packed shop.

"I mean to the public. It's Veggie Bank day and I am sure you can get all the free – though probably not sustainably sourced - vegetables you need."

"So you are open then?" His smile was tentative. "No thanks to you," Nora replied.

Tom Phillips composed himself, two bright spots of colour flowering on his cheeks, and tried again.

"I just thought in three years of Veggie Bank we've never met in person, just the odd email and call."

Nora remembered their last phone call. Mostly because she'd called him a very rude word and hung up the phone, but then he had called her a fruit fundamentalist first, and she wasn't about to take that lying down. "And I walk past this photo of you

on the community matters notice board every day..."

"There's a photo of me!" Nora was horrified. "On a notice board! That's contravening my human rights!"

"Yes, from The Gazette. Haven't you seen it?"

"I do not frequent your establishment."

"Oh, well, not to worry. It's a lovely photo, and with all the good work you're doing here. I thought I'd come and say 'hi' in person." He waved his hand at her, and then, after one or two seconds of her most withering gaze, returned it meekly to his side.

Nora pressed her lips together. What was he really doing coming in here being actually rather nice and apparently friendly? It made her furious.

"Though it doesn't do you justice. The photo." "I see." Nora crossed her arms. "Now I know you're

66 It was her way of

balancing out all the

bad karma that was

coming her way

for thinking such

murderous thoughts 🤥

just trying it on. What's this about, really?"

Tom glanced over his shoulder at Agnes and Meg, who seemed to be dawdling and examining the artichokes as if they were the most fascinating objects ever to exist.

"Do you have a moment to talk? In private?"

"No," Nora said, raising her voice. "Whatever nonsense you've come here to spout, you can say it in front of everyone! We're a community here."

"Really?" Tom looked dismayed, and for just a fleeting moment, Nora felt sorry for him.

"So are you withdrawing your support?" Nora asked him. "Is that why you're here? Spit it out!"

"No... I... Oh god, look I just wanted to tell you... I mean, ask you..." He faltered. "You know what? It doesn't matter. I'm an idiot. A dreamer, my mum always said so. When I told her I wanted to be a supermarket manager one day, providing good quality, affordable food to the masses, she said, I'd be lucky if they'd take me on to stack shelves, but they did, and I worked my way up through the ranks and now... Well, now I'm leaving to be area



manager. That's why I came today - I wanted to tell you that in person and..."

"Good for you," Nora slow clapped. "You're leaving vour job, and goodbye Veggie Bank."

"Oh that's not why I'm here," Tom said guickly. "BestBuy's support is continuing even without me. Actually as part of my role, I'll be rolling it out nationwide. Other people are inspired by what you've done. You've started something really special."

Nora said nothing for a moment, uncrossing her arms and shoving her hands into the pocket of her apron. She wasn't really sure how to respond to that news. She should say something about how lovely that was, and thank him for his support, and acknowledge that her scheme wouldn't exist without him... but all this time, he had been the big corporate

66 She was never going

to smile at a man

again, never be taken

in again, never,

ever, be anyone's

fool ever again "

enemy - Darth Vader - and the idea that he actually might be quite a decent individual, with warm brown eyes, was actually quite disconcerting.

"What you've done here, it's a boon to so many in need." "I haven't done anything, really," she muttered, lowering her eves.

"Your idea, your hard work. Your act of kindness." "It's nothing."

"You aren't very good at accepting compliments are you?"Tom asked her.

"What?" Nora's head snapped up. "What are you trying to say?"

"That you don't like being told how great you are, or maybe you just don't believe it?"

"She doesn't, you know," Agnes chipped in, and when Nora gave her a look, added. "Well, you don't!"

Suddenly thinking better of her policy of transparency, Nora threw open the hatch in the counter and directed Tom out the back with a jerk of her head. For a moment he looked rather afraid, then girding his loins, headed into the stock room with a

look of stoic determination. "What's all this flattery about?" she demanded, the moment they were alone. "Is it some trickery from those corporate videos they make you watch? Some sort of mind control?"

This time when Tom smiled. Nora found herself almost smiling back, catching herself only just in time. Smiling at men was not at all part of her game plan, nor had it been since that awful day that Keith left her. She had decided right then and there that she was never going to smile at a man again, never be taken in again, never, ever, be anyone's fool ever again. Smiling led to heartbreak, as sure as the BestBuy eggs were most likely full of salmonella.

"I'm not flattering you," Tom said. "I'm just trying to have a conversation with you. My trouble is I'm no good at talking to women. I mean, I'm ok at talking

> to women in a work context. but not socially, not to ones that I... find attractive."

> He swallowed, and looked as though he'd just stuck a thorn into an angry lioness's paw. And yet, Nora was finding herself less and less cross as each second passed.

"Look..." She took a moment to rearrange her face into a

neutral expression. "Thank you for coming to tell me about the other Veggie Banks. I appreciate it, it is nice to know that my little idea is getting a life of its own. And I wish you all the luck, with your exciting new life driving a Mondeo up and down the M62. But this whole finding me attractive thing, that's a dead end. I'm... off the market. I'm a career spinster."

There, she'd said it as plainly as she could. Maybe now he'd just take his niceness and chocolate eyes away and leave her alone.

"Well, I happen to think that's just really stupid," Tom said, retreating just a fraction as he said it, before pressing on. "I've been walking past your photo for ages and thinking how pretty and kind you look, and how your eyes remind me of forget-me-nots, and

putting that together with all the great work you do in the community, thinking that you're really probably an amazing woman. And... and thinking that I'd like to take you for a drink." He said the last part very guickly. "I've been meaning to come over the flyover for months and never had the courage, and then I got the promotion and thought, it's now or never, Tom. Grasp the nettle! Not that I think you're a nettle or anything, but anyway... I came to ask you out and if you've decided because of someone in the past that you're never going to get to know anyone else romantically ever again, then you're foolish, because... Because you are, so there."

For reasons that were completely beyond her, Nora felt a sharp prick of tears threaten. This was no good at all. "I'm sorry," she said, her voice softening. "I just don't want to go out with you."

"Right." Tom nodded, lowering his gaze. "Thank you for your frankness. Is there a reason why? It's not just because you hate BestBuy is it?"

Nora sighed. "When I bought Kale and Hearty, I did it in partnership with my fiancé, and..." It was here that she hoped one day to be able to finish this sentence and not want to cry, not want to die on the spot, but clearly that day had not come yet.

"He passed away?" Tom asked her so gently, so kindly, that she burst out laughing.

"No, he robbed our business account of every penny and ran away with another woman! And I'm sorry, but after something like that, well, then a person might just feel it's better to live life on their own."

She couldn't look at Tom, because she couldn't bear the look she knew would be on his face – pitying, judging... kind.

"That's awful," he said. "But the thing is not everyone is the enemy, not everyone is out to get you. Not even supermarket area managers. My wife left me three years ago for a wrestler – not even a proper one, one of those ones that pretends. Marvin Meatball, he calls himself. I've had my heart trampled on once or twice, but E I just keep believing that one

day soon I'll meet the right person to look after it." he added. "And maybe it will even be the pretty. blue-eyed and frankly terrifying lady from the posh fruit and veg shop."

"I'm not posh!" Nora said, but suddenly she found that she didn't feel all that angry any more. No, actually she felt sort of exhausted. It took up a lot of her energy being so cross and she was very tired. Was Tom Phillips a man she could get on with? She had no idea, but he had made her wonder if it wouldn't just be an enormous relief to not be so furious any more.

"I didn't say you were posh, I said your veggies were." Tom took a hesitant step forward. "So, dinner? Steak maybe? We can call a five-a-day amnesty."

Nora laughed. "I abhor BestBuy and everything it stands for," she said. "But yes, we can go to dinner."

"Great," Tom's responding smile was wide and infectious, and when in the heat of the moment he leant forward and kissed her on the cheek. Nora was able to stop herself, just in the nick of time, from slapping him smartly around the face.

"See you soon, then," Tom said. "I'll see myself out." "See you soon," Nora said, finally returning his wave. After he had gone, she gave herself a moment or two to stand alone, inhaling the sweet scent of locally grown strawberries.

Yes, dinner with Tom Phillips would require her to be brave in a way that she hadn't been for a very long time. But it was finally time to risk it – and judging by Agnes' satisfied expression when she finally returned to the till, she wasn't the only one who thought she should give Tom Phillips a chance. *

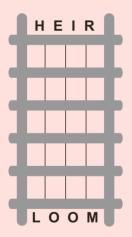
Rowan Coleman's latest novel We Are All Made of Stars (Ebury Press), is out now.



Take a Break

Give your grey matter a workout with our puzzle pages. Packed with word games, picture posers, number conundrums and crosswords, there's something for everyone. If you get stuck turn to page 144, or enter your prize puzzle answers on page 145

WORD LADDER



Change one letter at a time (but not the position of any letter) to make a new word — and move from the top to the bottom of the ladder using the exact number of rungs provided.

WORDWHEEL



Using only the letters in the Wordwheel, find as many words as possible — none of which may be plurals, foreign words or proper nouns. Words must be three letters or more, all must contain the central letter and the

letters can only be used once in every word. There is at least one nine-letter word in the wheel. Enter on page 145 to win £50.

SUDOKU

Place the digits 1 to 9 inclusive into the boxes, so that every horizontal row, every vertical column and each set of nine smaller squares contains a different number.

			7		5			
				4				
			3		2			
5			1		8			3
	8	4				9	2	
1				2				8
	1	6	8		3	7	5	
		3				1		
9				5				2

PATHFINDER £50

Beginning with the highlighted letter, follow a continuous path to find all but one of the listed vegetables. The trail passes through each and every letter once and may twist up, down or sideways, but never diagonally. Which word from the list does not appear in the trail? Enter it on page 145 for a chance to win £50.

ARTICHOKE	LEEK	POTATO	SPINACH
CABBAGE	MARROW	RADISH	SPROUTS
CHARD	ONION	SALSIFY	SWEDE
GARLIC	PARSNIP	SAVOY	
KAIF	PFΔS	TOTTAHS	

Α	М	Α	L	Ε	С	Т	0	Υ	0
R	W	K	G	Α	Α	Α	S	Α	V
R	0	R	Ε	В	В	Т	0	Р	Р
Н	S	Α	Т	1	Ε	L	Ε	Ε	Ι
G	- 1	D	R	С	K	L	L	K	Ν
Α	R	S	Α	Н	0	0	Α	S	S
1	L	Α	Ε	Р	Н	Т	Н	W	R
С	Р	I	Ν	Α	С	0	S	Ε	Α
S	S	S	Т	0	1	Ν	Ε	D	Р
Р	R	0	U	Ν	С	Н	Α	R	D

SPOT THE MATCHING PAIR

Just two of these pictures are exactly the same, but can you spot which ones they are? Once you're sure of your choice, fill in the corresponding letters on the form on page 145 for your chance to win £50.















Work out which letter each number represents and then transfer the correct letters into the panel below to spell out the prize answer. This month's clue might come in handy when making a cup of tea. Enter the word on page 145 for a chance to win £50.

CODEWORD

-	1	1-	Ι.	1_		1	1	1			
9	13	3	4	5	16	22	20	25		3	
20		5		6		16		20	2	5	1
16	22	22	16	12	16	23		5		8	
4		10		23		5	24	24	19	5	18
13	11	5	23	16	13	4				5	
6				13		18	13	14	6	19	23
10	20	7	16	4	14		6				16
	11				5	4	23	5	12	16	25
12	13	3	5	22	23		12		18		16
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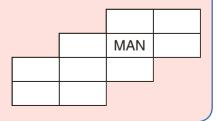
A B C D E F G H / J K L M N O P Q R S T U V W X Y Z

1 M	2	3	4	5	6	7	8	9	10	11	12	13
14	15 P	16 	17	18	19	20	21	22	23	24	25	26
		10	6	14	5	19	3	5	10	16	4	

BOXWISE

Can you place the three-letter groups in the boxes, so that neighbouring boxes always make a six-letter word, like PAR-DON or DON-ATE? We've placed one group to start you off.

MOT AGF BAT NER I AY ORS MAN OUT MAR TEN



PICTURE THIS

> Can you name the director of these three films?







ARROW WORD

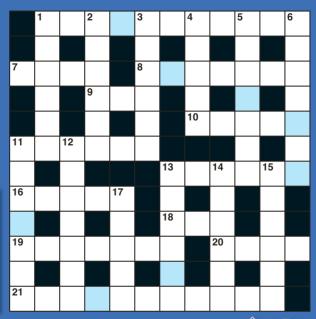
Maintaining	V	Remark addressed to the audience	▼	(Had) consumed	▼	Finicky	•	Marvellous	•	Panorama's TV channel (inits)	▼	Farmiga, US actress
Raise issues (4,1,7)	•					•						
Olympic first (4,5)		Metal saucepan cover		Peg used in go l f	•			Thrusts forward		Grow canines and incisors, eg		Visitors
•		•						•	Garment label	*		•
Whopping fib	>			Character, dis- position	•						Tenth of a decade	
-			Reduce the quantity of	•	Alan, comedian and TV host		Vex, annoy		London, observation wheel	-	V	
Say further		Criticises severely	*				•					
-					Wrath	-			Item worn on the head	-		
Inflict on yourself		Jokers, or con men	-									

QUIZZICAL The Great Fire of London began on 2 September 1666. What was the name of the lane it started in? A) Brick Lane B) Pudding Lane C) Drury Lane

CRYPTIC CROSSWORD

For your chance to win £75, try to complete our cryptic crossword. Once you've filled in it, arrange the highlighted letters from the grid to spell out a keyword. The clue to the cryptic keyword this month is a building (8).





ACROSS

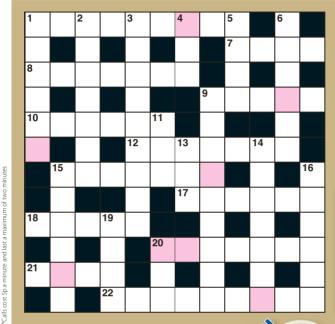
- Show how devil and saint speed (11)
- **7** Fearsome figure therefore returns (4)
- Bend hat badly on way to conflict? (7)
- Look south-east, then east (3)
- **10** Tip over firelighter (5)
- 11 Musical notes aurally chosen for show (6)
- 13 In The Horticulturalist, a mention of part of a flower (6)
- **16** Apparently Richard concealed the poem (5)
- **18** Self-worth is, say, zero (3)
- **19** Learnt about beginning of night being light (7)
- 20 Vegetable from Galilee, kohlrabi (4)
- 21 Instrument rich and sharp, do play! (11)

DOWN

- **Oualification** in iade areen (6)
- 2 Cereal from slum
 - ie ruined (6)
- **3** Most recent two points plus a third (6)
- **4** Rubber? Some normality restored! (5)
- 5 Reversion to type of a French face in cash dispenser (7)
- Aztec, he longs to keep level (7)
- **11** Temptress in shop Henry upset (7)
- 12 Page awfully errant colleague (7)
- 13 Since changes, Cuba's capital is picturesque (6)
- **14** Greek god of love to go on a survey (6)
- 15 Stretch former nurse (6)
- **17** Some acres specifically for salad plant (5)



QUICK CROSSWORD



For a chance to win £75 with our quick crossword, complete the puzzle and arrange the the grid to spell two keywords. The clue to the guick crossword this month is a geographical term (5,3).

Enter by post on page 145

77 call

0844 545 7823* or go to candis.co.uk/ enterpuzzles

ACROSS

- **1** Supervise (5,4)
- **7** Excited, impatient to hear (4)
- 8 Annoyance (7)
- **9** Inception, beginning (5)
- 10 Shoe's lace-hole (6)
- **12** Meeting of a legal court (7)
- **15** Form again (7)
- **17** Allocate (6)
- 18 Staffordshire city (5)
- 20 Fire , emergency service (7)
- 21 Ferment (beer from malt) (4)
- 22 Concentrated (9)

DOWN

- Sinful (6)
- 2 Circus apparatus (7)
- 3 Good-luck symbol (9)
- Diesel, actor (3)
- **5** Precipitation (4)
- **6** Be in power (6)
- 9 Fixed idea (9)
- **11** Earl Grey, eq (3)
- **13** Curative mineral spring (3)
- 14 Craft of creative paper-folding (7)
- **15** Give up regular work (6)
- **16** Building extension (6)
- 19 Exotic fruit (4)
- 20 Rounders stick (3)

DO YOU KNOW?

Queen Elizabeth I was born on 7 September 1533. Which of Henry VIII's wives is she the daughter of?

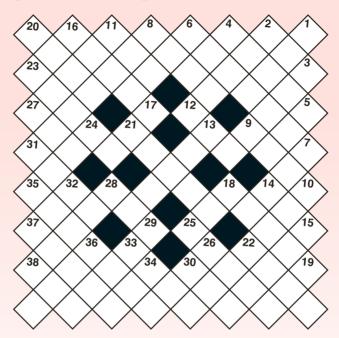
For daily and weekly puzzles online log on to candis.co.uk/ puzzles

LOOK BOTH WAYS

A change of direction here! In this puzzle you have to enter your answers diagonally into the grid, either to the right or left as indicated.



- 2 Hire out (3)
- 4 Arise (3.2)
- 6 Salver for cups and saucers (3.4)
- 8 Identity, ego (4)
- 9 Tread wearily (4)
- 11 First cardinal number (3)
- 12 Rick Wakeman's rock group (3)
- **14** Jewel (3)
- **16** Bite with a snap (5)
- 18 Fixed proportion (5)
- 20 Catch your breath with an open mouth (4)
- **21** Fragrance (5)
- 22 Puts a stop to (4)
- 23 Store for supplies (5)
- 25 Magic spirit trapped inside a bottle (5)
- 27 Number of legs on a prawn (3)
- 28 Mass of salt water (3)



- 30 Hole in the wall (inits)(3)
- 31 Hindquarters (4)
- 33 Opposite of 'win' (4)
- 35 Doctor's place of work (7)
- **37** Category, style (5)
- 38 Take in food (3)

TO THE LEFT

- 1 After tax (4)
- 2 Having a great deal of foliage (5)
- 3 Paint solvent (5)
- 4 Solidify (3)
- **5** Buddy (3)

- 6 NE England river (4)
- 7 System of relaxing exercise (4)
- 8 Bass-like fish (7)
- **10** Easing of hostility (7)
- **11** Start (5)
- 13 Call forth
 (a picture of) (5)
- **15** Note equivalent to half a semibreve (5)
- **16** Wander restlessly (3)
- **17** Bowler, eg (3)
- **18** Disreputable newspaper (3)

- 19 Poem dedicated to someone (3)
- 24 Duty, obligation (4)
- 26 ____ Rider, Peter Fonda film (4)
- 28 River that flows through Berlin (5)
- 29 On the ball (5)
- 32 Drinking vessel (3)
- **34** Mineral aggregate (3)
- 36 Nibble like a rodent (4)

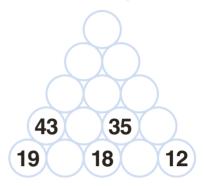
FITS & STARTS

Can you place a well-known three-letter word in the spaces of each row to complete the seven-letter word? Do it correctly, and the shaded letters will spell out a word.

С	R	U			Е
W	Е	Е			D
М			S	Т	Υ
Α			Е	S	S
С			L	L	Υ
Е	Р	1			Ε
С	0			U	Т
С	Α	N			Υ

ADD UP

If the number in each circle is the sum of the two below it, what is the top number?



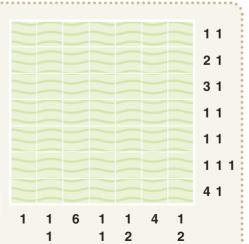
BRAINTEASER Roald Dahl was born during this month in 1916. But can you name the actor who played Willy Wonka in the 1971 film Willy Wonka & the Chocolate Factory?

BATTLESHIPS

The numbers on the side and bottom of the grid indicate occupied squares or groups of consecutive occupied squares in each row or column. Can you finish the grid so that it contains three Cruisers, three Launchers and three Buoys and the numbers tally?



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Tulip 'Ice Cream'

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Ask me anything!

Whatever your worry, problem or dilemma, let our trusted agony aunt DENISE ROBERTSON help. She offers her warm, insightful advice on everything from ageing parents to long-distance love and duplicitous work colleagues...

"My difficult step-mum is not keeping me in the loop"

My father, who is in his early 80s, has lived abroad for some vears with my stepmother, who's notorious for "forgetting" to keep me informed. His health isn't good at the moment and I worry that my dad may be deteriorating and I won't get a chance to say goodbye. I'm very dependent on my stepmother as she is the one who calls, so I don't want to get her back up. However, it's starting to really obsess me and I don't know what to do for the hest. Marion

Denise says Lunderstand both the anxiety and the dilemma. Try to remember that this could still be the case if he lived in the next town. Yes, you could get to him guicker in the event of something happening but the worry would be the same and modern communication means you can keep in touch in

spite of distance. I suggest you confide in your stepmother. Begin by thanking her for always being there for your dad (whether or not you feel she does a good job looking after him). Once you've made sure she realises you're not questioning her care of him, be frank about your anxiety. Blame it on yourself - say you're just a

chronic worrier and you hope she understands your long-distance concerns. Ask her if you can ring more frequently and emphasise that you would be very grateful for anything she can do to let vou know all is well.

Above all, remember it isn't the saving goodbye that matters in the end. Very few of us actually get to say goodbye to a loved one and, even if you were at his bedside. it's unlikely you'd say those words. What matters in the end is the quality of the relationship over your time together. You are a loving daughter who cares a great deal about him. Make sure he knows and hears that frequently while he's still around. That's worth a thousand goodbyes.

"My sneaky colleague is causing trouble"

I feel I'm being undermined by a colleague at work. On the surface it seems she can't do enough to help but a few incidents – nothing big enough to complain about – have shown that she is causing trouble with bosses above me and colleagues below me. There's little comments about things I am "supposed to have said" that I haven't or when things go wrong, it was "because I told her to do it that way." But she never says things directly to me and if I voice any concerns to her they're always passed off with bewilderment and a reassurance that we're all working together, but I don't think that's the case. Natasha

Denise says

There seem to be a number of people

who think their role at work is to cause trouble. They have a tendency to sabotage anyone

they see as a threat. I'd talk this through with ACAS, the organisation that advises on work problems

(acas.org.uk, 0300 123 1100). I personally don't think there's any point in speaking to her directly because she will use what you say as evidence of bullying on your part. But, if

things get worse, I would consider confiding in your boss. As for what she says to colleagues, try not to sound paranoid but when you catch

> her out, gently set out the facts in public and then let it drop. And above all. remember that

not everyone is stupid. She may fool them for a while but sooner or later they will rumble her. So keep your cool, talk with ACAS and continue to do the good job you always have done.

You can send your problems to Denise at the address given on page 127 or email denise@ candis.co.uk. We promise to pass on all your correspondence but regret that Denise cannot answer every letter she receives.

"On the

surface it seems

she can't do

enough to help"

"Can my love last?"

I am divorced and have been in a very happy, long-distance relationship for over a year. The problem is, I can't see how we'll ever be together permanently – both of us have work and family commitments 300 miles apart. It works with lots of visits and phone calls, but friends have questioned how long the relationship can be sustained (we're both in our 40s) and I worry about the future. Christine

Denise says Real love can be sustained almost indefinitely. whatever the distance. Of course it's frustrating and not nearly as good as being together 24/7, but if the will is there on both sides it can work. However, I do think you need to have a plan for the future. Would your family commitments go on indefinitely? Children grow up and, if it's older family, sometimes they can move with vou. Would either of you be able to pursue your career if you moved to be together? Talk through the options and put dates to them where you can, but this time apart can be a valuable test of whether or not this is a relationship that is strong enough to withstand anything, even separation.

PICTURE GALLERY

FAMILY FUN

It's holiday time – here's what you've been getting up to!



My husband caught me talking to my two brothers on a lovely holiday in Switzerland.

Jean Hessel, Kent

My husband Richard and I took our family to Ilkley for a family break, the weather was bad



but we had a grand time!
Mary Welsh, Southport



My son threw a 50th birthday bash for me with cupcakes of my baby grandson Theo.

Kay Penkethman, Cheshire

We celebrated our Ruby wedding anniversary with a magical weekend in Venice



Susan and John Chambers, Leicester

It's all about you!

Welcome to the letters pages, where we'll share your stories and feedback about being a Candis Club member. There's £50 in High Street Vouchers for our favourite photo and letter, so why not get in touch?

Star letter

hould you bribe your kids to behave better?, the debate in July, really



made me think. Lots of parents bribe their children and I've done it myself many a time – but I remember being in the supermarket one day and overhearing a child say to its mother, "What do we get if we are good while you're shopping Mummy?" She replied, "You get a lovely, happy family." I applauded her, and I've since tried to resist the temptation to bribe my children and teach them respect and responsibility. I don't want them to think, "What's in it for me?" all the time.

Thank you for such a thought-provoking debate – I'm looking forward to the next one. Anna Hammett, Cheshire

Happy birthday



Some of our members are celebrating big birthdays this month — if you see your name listed here, get in touch and we'll send you a special gift!

Celebrating the Big 50... Mrs Shona Minty, Aberdeen, and the Big 60... Mrs Sheila White, Uxbridge, and the Big 80... Mrs Doreen Parrott. Stockport

Don't forget to look out for your name next month!

MEMBER OF THE MONTH

May Meikle from Midlothian

I've been a member of Candis since 1962 when it cost 1s6d! I still enjoy

reading my magazine eac month and the first thing I turn to is the horoscope pages as Russell Grant is my favourite astrologer. I'm always interested to read the health pages too, as they are very informative, and the charity pages to see how the money has helped in The Candis Big Give.



IN JUNE
WE ASKED...
SHOULD HOMEMAKERS
BE PAID A WAGE?
YOU VOTED...

Yes 39% No 61%



Have you joined us on FACEBOOK.COM/CANDISFAN yet? It's a great way to get to know other readers, share thoughts and tips and a place to enter extra competitions.

This month we've been talking about our favourite lessons at school. Here's your favourites...

Home economics – we had a lovely teacher, Mrs Robinson, who would chat away to us as we baked.

Pam Leadbetter.

Pam Leadbetter, Southport I loved Friday afternoons because it was just games – we'd play hockey, netball and rounders.

> Jodie Bennett, Lincoln

Art was my favourite as I was good at it. Film studies was great too because the class just watched films!

Ruth Hanson, Gloucester

Get in touch...

Why not take part in makeovers — you could win £50 in High Street
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LOOKING BACK

FIRST DAY AT SCHOOL

It's said our school years are the best years of our lives... So with September heralding the new school year, we've gathered some great pics of how we looked when we first started...

1920s ------

Dressed in their best

Looking dapper here, we have Len Saint, eight, and his brother Edgar, five, all present and correct for Edgar's first day at Heswall Council School, Wirral.



They fondly remember the big brass school bell ringing for playtime.

← 1960s Ready to go

Looking handsome in his new school uniform - it's Gordon Kelly ready for his first day at St Lawrence Primary School, in Effingham, Surrey. We wonder if

he still looked this smart when the school bell rang for home time at 3 45?



Love's young dream

Neil Walsh, five, went to Sylvester Primary School in Liverpool. He hated having to wear shorts all year round, even during the winter! Elaine Hamlin, five, went to Blacklow Brow School in Liverpool, and loved wearing her tartan pinafore. They were destined to meet when they went to the same high school, Knowsley Hey, and have been together ever since.





← 1980s

Oh brother!

Brothers and sisters at the same school had their photos taken together, usually at the end of the session for maximum humiliation! Here's Simon and Jayne Arrowsmith looking bright eyed and bushy tailed for

their school photo at Parkgate Primary School in Cheshire.



1990s

Double celebration

With lunch boxes in hand, it's five-year-old Hannah McLoughlan and her brother Andrew, six, on their way to Booker Avenue School in Liverpool. Hannah was doubly excited because it was her birthday and she had a party to look forward to!



2014 ----->

Say cheese!

Jessica Downie on her first day at her new school in Newquay, Cornwall.

She was feeling nervous

as her family were new to the area but was happier when she made a new best friend, Lexi.

2008

End of an era

Starting school together we have Daisy
Appleby, Callum Lynch and Lilly Cuddihy.

They've been best friends from nursery and have done everything together. This month the trio start secondary school and Callum is going to a different one but we're sure they will remain firm friends!

COOKER AND SAUCEPANS



family meals are a must. That's why
we've teamed up with Rangemaster to give
readers the chance to win a freestanding 60cm cooker and set
of saucepans to make cooking a pleasure.

The Rangemaster Classic 60 is finished in soft cream and has two ovens, providing generous cooking space for family meals. The smaller oven has four functions, including a grill, while the larger main oven has six functions and will accommodate a large joint of meat and accompanying roast potatoes with ease. Two ovens are essential for busy family cooks, so dishes that need different cooking times and temperatures are no problem. Both ovens also have a useful slow-cook feature, perfect for winter casseroles. The four zone ceramic electric hob is fast, efficient and super-easy to clean. A set of Rangemaster stainless steel saucepans completes this fantastic prize.

Whatever you want to cook, the Rangemaster Classic 60 makes it simple — enter now for your chance to win. For more details on the range see rangemaster.co.uk.

How to enter

For your chance to win, answer the following question:

THE PAN USED FOR HEATING MILK IS CALLED?

A) Frying pan

B) Milk pan

C) Dust pan

- ★ Fill out the form on page 145
- ★ Call our hotline on 0844 545 7818*
 - ★ Enter on our website at candis.co.uk/competitions



competitions

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FREE

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Clematis cirrhosa 'Freckles'

Produces scented, bell-like winter flowers, speckled inside with reddish-brown 'freckles' and glossy dark green leaves. This evergreen variety is ideal for training over a sunny pergola or arch to showcase the distinctive markings. One plant in a 7cm pot for £8.99, three plants in 7cm pots for only £17.98 - SAVE £8.99



Narcissus 'Tête-á-Tête'

One of the most popular miniature daffodils that reaches up to 20cm. Clusters of golden-yellow flowers appear slightly earlier than other varieties in March and April above narrow, strap-shaped leaves. It's perfect for patio pots, window boxes or at the front of borders. 50 bulbs for £9.99, 100 bulbs for £14.98 - SAVE £5



Muscari armeniacum

An easy-to-grow variety for pots as well as flower beds. They thrive in a sunny position and are the perfect planting partner for the narcissus. 65 bulbs for £7.99

HOW TO ORDER To claim your FREE* Crocus bulbs and to order any additional

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Hardy Geranium 'Rozanne'

This produces masses of large blooms throughout the summer. One plant as a 7cm power liner for £10.99, three plants as 7cm power liners for only £18.97 — SAVE £14



Galanthus 'Woronowii'

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6280	Clematis cirrhosa 'Freckles' x 3 — SAVE £8.99	£17.98		
2023	Narcissus 'Tête-á-Tête' x 50	£9.99		
2085	Narcissus 'Tête-á-Tête' x 100 – SAVE £5	£14.98		
2381	Muscari armeniacum x 65 bulbs	£7.99		
3423	Geranium 'Rozanne' x 1	£10.99		
3424	Geranium 'Rozanne' x 3 — SAVE £14	£18.97		
2378	Galanthus 'Woronowii' x 25	£6.99		
2380	Galanthus 'Woronowii' x 50 – SAVE £4	£9.98		
2258	Places and my free Dutch groups hulbs y EQ	FREE	1[]	*£3.75
2238	Please send my free Dutch crocus bulbs x 50	FKEE	tick	postage
			TOTAL	

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55	15		04364257	08106677	13173369	18486566	29515577
			04384382	08173035	13275765	18487679	30313277
			04395477	08213744	13283647	19243168	30346777
			04414657	08232563	13334053	19366072	30356774
			04426073	08245377	13395256	19556979	30426569
01023853	02034071	03094273	04434682	08294248	14174053	19586872	30495557
01034760	02044165	03115981	04445982	08318283	14263755	20293842	30586264
01044254	02051771	03164653	04526583	08326580	14285470	20296582	32395080
01053168	02052183	03172837	04536668	08485161	14355964	20425457	32547782
01061279	02052453	03184781	05061266	09105965	15163160	20506073	33464779
01072977	02054279	03284570	05071365	09112556	15204281	21232956	33515866
01081213	02055477	03314782	05071754	09113953	15213655	21254263	35445066
01082846	02061247	03346174	05091142	09121436	15214043	22275183	36444666
01085383	02073958	03498081	05092980	09226672	15235069	22364356	36515560
01121823	02086364	03526568	05141746	09234471	15326166	22364956	37384478
01121950	02092849	03576975	05224158	09265276	15535666	22515564	37385668
01141949	02113069	03626880	05256471	09304878	16172632	23273031	37385671
01152559	02113669	04073072	05454750	09306062	16263382	23285677	37485282
01174863	02123277	04082235	06116465	09315260	16507078	23366073	38515482
01183042	02162634	04122573	06122549	10152034	16727681	23374047	42475161
01195659	02254447	04123577	06162639	10176279	17183051	23477276	42546281
01204857	02293682	04153653	06165368	10232651	17414254	24324374	43607274
01222776	02314274	04154661	06346583	11151647	17454974	24466275	43667074
01227483	02354783	04166481	06364977	11185368	17486279	25264383	44586672
01254750	02356372	04174461	06416071	11203035	18253242	25287483	48616482
01323952	02455775	04184553	06485255	11325767	18283562	25303665	49506172
01325473	02576782	04193536	06495477	11417381	18283738	25315270	49646983
01345075	02597383	04193651	06526280	11417682	18294362	26285161	50597176
01515870	03050711	04195659	07081330	12145365	18304749	26374154	55607071
01526677	03093454	04206979	07084448	12184079	18304856	26485465	55626970



Check your membership number against the Candis Lucky Numbers listed on this page and if they match, call the Claim Line on page 137 or log on to candis.co.uk/memberdraws



Extra to win...

HIDDEN GENS

you a winner

LOYAL
MEMBERS
CAN NOW
WIN UP TO
£5,000 IN
OUR HIDDEN
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If you've been a Candis subscriber for over 12 months you will be awarded an extra number for each additional year of your membership up to five in total.

These will be your original number plus up to four more with the additional hidden gem letters added that indicate the length of your membership — TOPAZ, RUBY, SAPPHIRE, EMERALD.

If your Candis Hidden Gems numbers match with the numbers here you can win up to £5,000, plus there are 150 runner-up prizes of £50 in High Street Vouchers

EM17202375

EM19263664

EM22275276

EM23333564

FM23414467

EM24265070

FM24277275

FM24487383

EM27586579

EM28324758

EM28646677

EM32636870

EM35406578

EM37535876

EM40435759

EM48616577

Have you wan £5,000?

If this is your Hidden Gems number you have won!

SP01145977

TP04085669

EM05103879

EM07101528

EM07101957

EM07121480

EM11156783

FM11555961

EM12175177

EM15192379

EM15507277

EM16223954

EM16273759

Each number here WINS £50...

SP26286071

SP30426781

SP33347181

SP34596279

SP38597578

SP36465974

SP46576062

EM01272839

EM03293649

EM04172132

EM04212581

EM01021252 EM12206675

EM01021947 EM12215672

EM01063376 EM12273468

EM02145762 EM15295182

EM03182831 EM15345069

EM03263135 EM15455680

		RB04137779	SP01153562
		RB04205465	SP01234176
		RB05064570	SP01247074
TP01154251	TP11193753	RB05357180	SP02163677
TP01207374	TP14233361	RB06245078	SP02263947
TP01445058	TP15163776	RB10285362	SP02276672
TP02177273	TP16183743	RB12233766	SP02384266
TP02536078	TP16192676	RB13226880	SP03045776
TP03105069	TP19253782	RB16757883	SP03143942
TP03154270	TP19457779	RB19275371	SP03184163
TP03242848	TP24536376	RB21347377	SP03245272
TP04168183	TP26476981	RB22283974	SP03385972
TP04173048	TP27416367	RB23317381	SP03517279
TP04286269	TP32525982	RB23344356	SP04162780
TP04326973	TP33597274	RB23436170	SP04171921
TP04406880	TP67707880	RB23485573	SP04444965
TP05193538	RB01043070	RB24545666	SP06314467
TP06374366	RB01113746	RB27313371	SP11145868
TP06417680	RB01162468	RB31364264	SP11396682
TP07124446	RB01195356	RB32366978	SP14496277
TP07243644	RB01273978	RB33425876	SP17505782
TP07304258	RB01454759	RB33557478	SP17557377
TP08367179	RB02131555	RB36456273	SP22264075
TP09566781	RB02186272	RB38737781	SP23333481
TP09596879	RB02315055	RB43606582	SP23434953

SP01105977

RB04081181

CLAIM LINE CALL 0844 545 8190*

KNOW YOUR NUMBERS...

TP10737582

◆ In the **FIRST YEAR** of your membership you have your Candis Lucky Number, which is the same as your membership number

RB03106370

- In the SECOND YEAR of your membership your Topaz Hidden Gems number will be your membership number with the TP prefix
- ◆ In your THIRD YEAR your Ruby number will have the RB prefix ◆ In your FOURTH YEAR your Sapphire number will have the SP prefix ◆ In your FIFTH YEAR your Emerald number will have the EM prefix

HOW TO CLAIM

SP24394047

Once you've matched your Hidden Gems number with one of those above, then call the Claim Line or log on to candis.co.uk/memberdraws

MAKE SURE YOU CHECK ALL YOUR HIDDEN GEMS NUMBERS SO YOU DON'T MISS OUT ON CHANCES TO WIN!



HIDDEN GEMS

Where to shop...

A Accessorize

uk accessorize com

R Renefit

henefitcosmetics co.uk

Bioderma

bioderma.com

Bourjois

bouriois.co.uk

Boots

boots.com

C Clinique

clingue.co.uk

D Debenhams

debenhams.com **Dirty Works**

dirtvworksbeautv.com

Dorothy Perkins

dorothyperkins.com Dune

dunelandan com

E Estée Lauder

esteelauder.co.iik

G Good Things

goodthingsbeauty.com

H House of Fraser

houseoffraser.co.uk

J Joioba Company

thejojobacompany. com.au

L Laura Mercier

lauramercier.com

Liz Farle

uk.lizearle.com

M M&Co

mandco com

Marks & Spencer

marksandspencer.com

Monsoon

uk.monsoon.co.uk

Moda in Pelle modainpelle.com

N New Look

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newlook com

unver Bonas

oliverbonas.com

Origins

origins.co.uk

P Palmolive

palmolive.com

Phase Eight

phase-eight.com

R Rimmel

uk.rimmellondon.com

S SenSpa

senspa.co.uk Simple

simple.co.uk

Soap & Glory soapandglory.com

T The Body Shop thebodyshop.co.uk

Too Faced

toofaced.com

Tesco

tesco.com

V Very

very.co.uk

W Wallis

wallis.co.uk

Y Yves Saint Laurent

vslbeautv.co.uk

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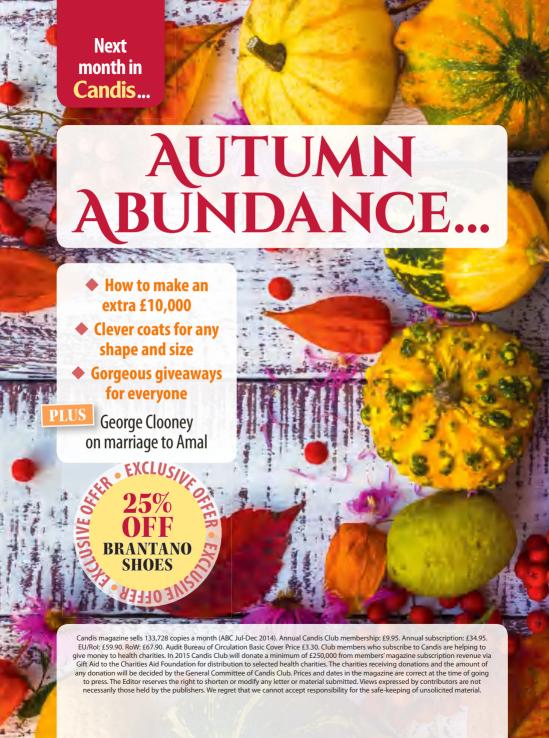
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candis.co.uk

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YOUR HOROSCOPE



What's in the stars for you this month? From work to love, money and relationships, resident astrologer RUSSELL GRANT reveals all

Your year ahead...

VIRGO (24 Aug-23 Sept)

Personal aims and wishes are likely to be granted soon and all thanks to the influence of someone behind the scenes who is working on your behalf. This should be a lucky year when both career activities and social plans will focus on your need for security. It pays to stay positive and to



believe you'll achieve a goal, and then your success can become a self-fulfilling prophecy. Forming connections within your community will give you a warm sense of belonging while your involvement with a group of experts will boost your own reputation. If you are trying to win a little favour with a volunteer or political group or prominent social committee, attend meetings and try to make your presence felt. You will be mixing with more people who uplift and encourage you during the last quarter of 2015 and dealing with community issues could turn out to be a great speciality of yours.

Friendship is a keyword for you in 2016, so make time for pleasurable activities. Your leisure time will be made even brighter by the presence of many good friends and it will be through strong friendships that your career will really flourish. Ample money for entertaining purposes will be yours and you aren't likely to be troubled by any form of shortage or deprivation. Your family life will be equally blessed.

LIBRA (24 Sept-23 Oct)

If you need a break – take one. Sweep some things under the carpet and no one will ever know. Before taking on anything new, weigh up all you are letting yourself in for. A desire to please makes you a magnet for people who will be quick to take advantage. A stranger who enters your life around the 13th could be unreliable. After this things will run more smoothly. Routine will be handled quickly and you will find it easier to relax. The 28th will bring an unexpected invitation.

SCORPIO (24 Oct-22 Nov)

Doing jobs that are different from normal will give you satisfaction. You are ready for a challenge. This might mean learning something new or having to brush up on your abilities but that won't matter. Once you've decided on a course of action you won't give up. It doesn't matter how long it takes to get results, you intend to succeed in everything you set out to do. Going on an overseas trip could be on the cards for later in the year. Check the internet for good deals on travel packages.

SAGITTARIUS (23 Nov-21 Dec)

Entertaining friends and colleagues gives your spirits a lift. Enjoying good food in a relaxed environment helps soothe your nerves. DIY and decorating projects will also be satisfying. Adding rich colours and some luxury furnishings to your place will feed your spirit. You could easily, at times, live out of a suitcase but having a comfortable home base can also make you feel secure. Going to the theatre, music, shopping for bargains or reading will satisfy your emotional desires as the month ends.

CAPRICORN (22 Dec-20 Jan)

You need to get to grips with some recent changes. On the whole upheavals are of a positive type. Still, it can take a wee while for you to adapt to changing circumstances. New methods or routines may seem complicated but persevere. You will learn new skills and make fresh contacts by taking advantage of opportunities coming your way. Volunteer work in hospitals or for a local charity can be a rewarding outlet for your compassion or consider working with underprivileged children.

AQUARIUS (21 Jan-19 Feb)

You will cope better with some events in your life through viewing things from a distance. If you are struggling with a job you thought would be easier or wondering whether to pull out of obligations that don't seem right for you, don't be afraid to make changes. Writing, singing, dancing and art help you connect with your inner spirit. Let your imagination run wild. Devoting time to solitary pleasures can help you strike a better balance between your private and social lives.

PISCES (20 Feb-20 Mar)

Keeping yourself to yourself, as you can be inclined to do, may not be the best course of action now. Although you feel more comfortable behind the scenes, between the 5th and 12th would be an ideal time to focus on your ambitions. It is time to prove to yourself that you have the determination to make your dreams come true. To avoid being ignored you will need to make your presence felt in a group situation. An authority figure who overlooks your contribution needs to be confronted.

ARIES (21 Mar-20 Apr)

If you are working as a team, giving someone a pat on the back will lead to better results than if they feel they can't do anything to please you. Lectures and seminars you attend mid-September will be interesting and informative. Mark the 28th in your diary because you will find that your hopes for the future are coming closer to fulfilment. Although the details are obscured, there are signs that an incident as the month ends will push the process forward by a noticeable amount.

An old friend is disappointed you can't join in with their plans for the weeks ahead. You feel you are letting them down but remember: you are not responsible for other people's happiness. You want to concentrate on your own affairs. Do a little online research mid-September before buying expensive items. You're tempted to splash out on a smartphone, television or computer. Conversely, the end of the month will find you reconditioning an old possession that doesn't get much use any more.

GEMINI (22 May-21 June)

The more spontaneous you are in expressing your ideas, the more encouraging the feedback from others. There's no time for hesitation as the month begins, as decisive action is what is called for. Up until the 18th you will be putting others first. Later you should do something special for yourself. Pull out of social arrangements and spend time on a creative project instead. It's time to satisfy your passion and you aren't being selfish by focusing on your own needs for a change.

CANCER (22 June-23 July)

Events will go well if you are tactful in all your dealings. Challenges in the workplace are easily overcome and even your most stubborn colleagues aren't likely to present you with a problem. A cherished dream looks like coming one step closer to fruition. A semi-official letter received around the 9th will give you something to celebrate. Although there is hope for similar exciting movement in the near future don't let yourself get too carried away, as there is no pattern to forthcoming events. Take it one step at a time.

LEO (24 July-23 Aug)

You would feel disappointed if others did not respect your diligence or show appreciation for the things you do for them. Knowing your efforts have been of benefit will inspire you to continue giving assistance in certain areas. Helping someone with special needs or a disability will give you an idea on ways you can be of more service to others in the future. At work, a change in methods or procedures is discussed but a lack of support will mean plans are postponed until later in the year.

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THIS MONTH'S SOLUTIONS

ARROW WORD



SUDOKU								
3 8 7	4	1	7	8	5	2	9	6
8	2	5	6	4	9	3	1	7
7	6	9	3	1	2	8	4	5
5 6 1 2	9	2	1	6	8	4	7	3
6	8	4	5	3	7	9	2	1
1	3	7	9	2	4	5	6	8
2	1	6	8	9	3	7	5	4
4	5	3	2	7	6	1	8	9
4	7	8	4	5	1	6	3	2

BATTI FSHTPS



QUIZZICAL B) Pudding Lane DO YOU KNOW? Anne Bolevn **BRAINTEASER** Gene Wilder

FTTS AND STARTS (rusade. Weekend, Modesty, Ageless, Cruelly,

Epitome, Coconut, Cannily Keyword: SKELETON

ADD UP 303

PICTURE THIS

Baz Luhrmann

WORDLADDER One solution: Heir, hear, rear, roar, roam, room, loom BOXWISE

		LAY	OUT
	BAT	MAN	AGE
MAR	TEN	NER	
MOT	ORS		

LOOK BOTH WAYS TO THE RIGHT: 2 Let 4 Get up 6 Tea tray 8 Self 9 Plod 11 One 12 Yes 14 Gem 16 Gnash 18 Ratio 20 Gasp 21 Aroma 22 Ends 23 Depot 25 Genie 27 Ten 28 Sea 30 ATM 31 Rump 33 Lose 35 Surgery 37 Genre 38 Eat

TO THE LEFT: 1 Nett 2 Leafy 3 Turps 4 Gel 5 Pal 6 Tees 7 Yoga 8 Snapper 10 Detente 11 Onset 13 Evoke 15 Minim 16 Gad 17 Hat 18 Rag 19 Ode 24 Onus 26 Easy 28 Spree 29 Alert 32 Mug 34 Ore 36 Gnaw

JUNE SOLUTIONS

PATHETNDER

CUSP, DESTINY, CANCER, FATE, GEMINI, SAGITTARIUS, PLANET, SCORPIO, VIRGO, CHART, PISCES, LIBRA, TAURUS, ARIES, CAPRICORN, AOUARIUS

The missing word is: LEO

MATCHING PAIR: A & F WORDWHEEL

The nine-letter word is: FISHERMAN

QUICK CROSSWORD

Crossword keyword: HAY FEVER



CRYPTIC CROSSWORD

Crossword keyword: VALENCIA



CODEWORD

Codeword keyword: PROPERTY



DID YOU SPOT THE PIGS IN JUNE? 91, 126, 137

COMPETITION & FREE DRAW RULES GENERAL RULES

1 Competitions/free draws are open to Candis Club members resident in the UK or Rol, excluding employees of Newhall Publishing Ltd and their immediate families. 2 Winners must agree to the publication of their name, photograph and home town in Candis, on its website or any publicity material produced. For a copy of the full rules. visit candis.co.uk/rules or call free on 0800 814 5400. 3 By participating, you accept the terms set out in the full rules. Candis Club's decision is final and binding. 4 Claims delayed or lost are not accepted. Proof of posting is not accepted as proof of receipt. 5 Phone entries cost 5p a minute any time from anywhere in the UK unless otherwise stated.

FREE PRIZE DRAW RULES

Non-members resident in Northern Ireland wishing to participate in free draws must request a free draw card in writing from the address on page 145. Entrants must register their claim with the Club. Winning claims can be made either in writing to the address on p145 by telephoning 0844 545 8190* or by emailing fpdclaim@candis.co.uk. All claims must include the participant's name, address and free draw number and must be made before the last day of the month printed on the cover of the issue of Candis magazine in which the draw appears.

RULES FOR OTHER COMPETITIONS AND GIVEAWAYS

1 Only one entry per competition/ giveaway is allowed per entrant. 2 Entries to competitions/giveaways in this issue should be sent to the address on p145. 3 Except where specifically stated. the winner(s) will be the first correct entry/ entries selected after the closing date. 4 The closing date for competitions/giveaways in this issue is 30 Sept 2015 unless otherwise stated. 5 No responsibility can be accepted for circumstances outside the company's control, including any third party's ability to supply the prizes as published. No cash alternatives can be offered and prizes are not transferable. 6 Entries will be processed and entrants' details may be made available to our partners or selected companies. If you object to this, please ring our customer relations team on 0800 814 5400. If you're unsure of your membership/free draw number, call 0844 545 8190* or email whataremvnumbers@candis.co.uk.

*Calls cost 5p a minute plus your phone company's access charge Photos Thinkstockphotos.com Puzzles © Puzzler Media Ltd

Puzzle & competition entry form

Now you can enter all of our fabulous competitions and great giveaways on the one handy form you see below! You can also enter most of our competitions and giveaways online – along with other wonderful web-only prizes – at candis.co.uk/competitions and candis.co.uk/giveaways

POST TO: Candis September Competitions, Newhall Publishing Ltd, New Hall Lane, Hoylake, Wirral CH47 4BQ CLOSING DATE: 30 September 2015

Full name	GIVEAWAYS	Tick to enter	
Address	<i>a</i> .	1 🗆	2 🗆
	Giveaways Pages 84-85	3 🗆	4 🗆
		5 🗆	6 □
	Page 146	Wish list □	
Postcode			
Telephone no			

COMPET	ITIONS	ANSWER
Page 112	Wordwheel	
Page 113	Pathfinder	
Page 113	Spot the matching pair	
Page 114	Codeword	
Page 116	Cryptic crossword	
Page 117	Quick crossword	
Page 130	Cooker comp	
Page 131	Hotel break comp	

FIND THESE PIGGIES AND WIN





We've got three prizes of £100 up for grabs in our fun Piggy Prize Draw. Simply find the three pigs hiding on the pages of this month's Candis and write the page numbers below. Three winners will then be chosen at random after the closing date of 30 September 2015.



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Candis Club membership no. | |

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Pure Evoke D4 Mio with Bluetooth in **Scarlet** The latest version of the iconic radio with interchangeable trims. pure.com,

John Lewis, £179.99



theperfume shop.com, £24.50 (30ml)

Ghost Eclipse A sweet and sensual mix

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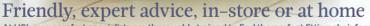
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The mpg figures quoted are sourced from official EU-regulated test results (EU Directive and Regulation 692/2008), are provided for comparability purposes and may not reflect your actual driving experience.

*EMII Advance Payment available only on Ford EcoSport Zetec 1.5 112 PS manual and 1.5 TDCI 90 PS. This programme is subject to the standard conditions of the Motability 3-year Contract Hire Scheme, Full written details and quotations available on request from a Ford Authorised participating Dealer of Motability Operations Limited. Under the Scheme the vehicles are leased from Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SEI 9HB. Applications must be received and accepted by Motability Operations Limited Detection is July and 30th September 2015.



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